EXPERIENCE JAPAN IN NEW YORK CITY

CHOPSTICKS NY™

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FREE

Temptation of Japanese Lunch

SPECIAL INTERVIEW

Michael Anthony
(Executive Chef of Gramercy Tavern)

www.chopsticksny.com

SUMMER COOKING

TOMATO + TOFU

Nothing says summer like juicy, red ripened tomatoes. Although available fresh all year, tomatoes are most flavorful during the peak season, June through September. Summer tomatoes sing out in salads, sandwiches, pasta dishes and many others.... but they taste unbelievably good with Tofu, too. Try these recipes to enjoy the season!

TOFU TOSTADAS

Ingredients (serves 4)

- ½ Package (7oz) of House Organic Tofu Firm, drained and diced
- ½ cup finely chopped onions
- 1 cup chopped tomato
- 2 tablespoons chopped cilantro
- 1 avocado, peeled, seeded chopped
- Juice of 1 lime
- 4 corn tostadas (deep fried tortilla)

How to Cook

1 Mix all ingredients with lime juice
2 Season with salt and pepper
3 Serve on top of tostada

TOFU PRIMAVERA PIZZA

How to Cook

1 Pre-heat oven to 425°
2 Drain tofu and pat dry Cut tofu into bite-size pieces
3 Steam broccoli pieces on stove top or in microwave for 1 ½ minutes Heat again for 3-4 minutes
4 Slice tomatoes
5 Place crust on pizza pan or cookie sheet and spread tomato sauce evenly over crust
6 Sprinkle with tofu pieces, broccoli and cheese Add other toppings, if desired
7 Arrange tomato slices on top
8 Bake for 15-18 minutes, or until cheese is melted and toppings slightly browned

Ingredients (serves 4)

- ½ Package of House Organic Tofu Firm or Tofu Steak, Garlic & Pepper
- 1 (10- to 12-inch) ready-made pizza crust
- 1 cup pizza sauce
- 1 ½ cups broccoli florets, cut in bite-size pieces
- 1 cup grated, low-fat mozzarella or jack cheese, or combination
- 2 small tomatoes

Optional chopped onions, sliced olives or vegetable toppings of your choice

House Tofu is an ideal ingredient for cooking all year round, but it tastes great with seasonal produces You will find your favorite recipes on our web site. Enjoy a healthy diet!

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CHOPSTICKS NY™

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CONTENTS

President / Publisher Hitoshi Onishi
Director Tomoko Omori
Editor-in-Chief Noriko Kamura
Writers Nina Akashi, Lisa Birren, Kia Chaleen, Sam Frank, Susan Hamaker Mari Kasanuki, Nobi Nakanishi, Maya Robinson, Stacy Smith, Keita Takahashi, Kate Williamson
Proofreader Susan P. Spain
Art Director Etsuko Hattori
Sales Representative Chie Yoshimura
Assistant to the publisher Yukiko Ito
Intern Jarrel Corona
Executive Producer Tetsuji Shintani

Cover Asuka Hishiki
www.greenasas.com
contact@greenasas.com

The "theme of the cover of this month's issue are "Japanese Lunch," and "Doyou-no-Ushi." To find out more about them check out the featured article from page 8 for "Japanese Lunch" and on page 54 for "Doyou-no-Ushi."

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411 Lafayette St., 3rd Fl. New York, NY 10003-7010
TEL. 212-431-8970 / FAX. 212-431-8980
www.chopsticksny.com
For Advertising Info TEL. 212-431-8970 (ext.130)
E-mail: advertise@chopsticksny.com
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ON THE COVER

2 **PEOPLE** MICHAEL ANTHONY

Chef Michael Anthony takes time out of his kitchen to share with ChopsticksNY some of his experiences in Japan, his appreciation for Japanese cuisine and approach to cooking and the important role the Union Square Greenmarket plays in his restaurant, Gramercy Tavern

4 **WHAT'S NEW?**

BEAUTY **Hydrate Summer Skin with Dr.Ci:Labo's Aqua-Collagen Moist-Lotion**
FASHION **Fashionably-Functional Shoes for Kids From TSUKIHOSHI**
ENTERTAINMENT **Showcasing Real Japan: Travel TV Program "Visit to My Homeland"**
FOOD **Sweeten Up and Cool Off in the Summer with Frozen Crepe Sticks**

FEATURES

8 **BENTO CULTURE: ITS FASCINATING EVOLUTION**

The origin of bento dates back to the ninth century. In this issue, Chopsticks NY gives an overview of the evolution of bento for over 1000 years and reports the latest trends as well.

10 **Featured Restaurants, Catering Companies, and Groceries**

54 **TRAVEL KAPPA BASHI: WHERE JAPANESE COOKING STARTS**

Kappa-Bashi is known for kitchen tool stores and whole sellers among professionals but even among non-professionals, cooking fanatics and, recently, tourists looking for something Japanese that upgrades their daily life.

FOOD / DRINK / GROCERY

20 Restaurant Guide
29 Asian Restaurant Review
31 Sake Column

LIFESTYLE

38 Focus: Culture/Food
40 Grocery & Sake Guide
41 Buying Japan
42 Ask the Beauty Guru
43 Beauty Guide
45 Health Guide
47 Shop Guide
49 Japanese Book Ranking
50 Japanese Lesson
51 School Guide

EVENT / ENTERTAINMENT / LEISURE

56 Business Interview
57 Exhibition
57 Lecture / Forum / Film /Festival
58 Events
59 Happenings
62 Entertainment: Film
64 What on Earth

"IF IT'S NOT GROWN LOCALLY, IT'S NOT ON OUR MENU."

— MICHAEL ANTHONY

MICHAEL ANTHONY *Currently in his third year as Executive Chef at the award-winning Gramercy Tavern (42 East 20th Street), Michael Anthony has left his mark on many restaurants around the world from Chef Shizuyo Shima's Bistro Shima in Tokyo to Jacques Cagna in France, to Daniel and March in New York City As opening Executive Chef at Blue Hill Stone Barns in upstate New York, Anthony incorporated the "farm-to-table" approach and he brings that experience to New York City promoting locally grown seasonal ingredients on his menu at Gramercy Tavern. A native of Cincinnati Ohio, Anthony graduated from Indiana University with degrees in Business French and Japanese and later studied at the Le Ferrandi culinary school in Paris.*

Chef Michael Anthony takes time out of his kitchen to share with Chopsticks NY some of his experiences in Japan, his appreciation for Japanese cuisine and approach to cooking and the important role the Union Square Greenmarket plays in his restaurant, Gramercy Tavern

Tell us more about Gramercy Tavern.

Gramercy Tavern marries old world charm and the excellence of European cooking, with the comfort and approachability of a truly American concept – the warmth and approachability of a 19th century tavern The restaurant has always set the standard for contemporary American cooking With the close proximity of the Union Square Greenmarket, we have cultivated intimate relationships with fantastic farmers in the region Over the years, we have also graduated an astounding number of talented and driven people So we've really come to be known as one of the longest standing traditions in contemporary American cooking

I joined the team two and half years ago since then I've seen a constant, persistent evolution to the story of Gramercy Tavern Not necessarily a removal from what was put in place but a revitalization in that we can take the pretense out of the fine dining experience and bring all of the heart and soul that I think captivates the current dining public For me, I translate heart and soul into cooking with seasonal ingredients and celebrating the people who are the most passionate and knowledgeable – the growers themselves Our menus change on a very frequent basis not only according to the calendar year but based on local ingredients available in the market and in the region.

Since you prefer to work with seasonal ingredients, what can customers expect in your summer dishes?

We try to make sure that our menus consist of what

is being locally grown and seasonally available. One of the things that you'll find on our menu is that we break the old fashioned rule about repeating a particular ingredient. When an ingredient comes into season, you'll see it on our menu in many different dishes prepared in different ways. This creates a layering effect within a particular dish that demonstrates an infatuation with that particular ingredient. For instance, right now we can't get enough of serving asparagus because, in just a few more weeks the weather will turn too warm to grow in the Northeast and it will no longer appear on our menu. If it's not grown locally, it's not on our menu.

Is your emphasis on working with local farmers and local ingredients in any way influenced by some of your experiences in Japan?

Completely. I started cooking with the intention on becoming a professional chef in Japan. It was the sense of seasonality and reverence that, even in mainstream Japanese society, you see the connections to the natural world around you. Working in a garden is not foreign... my grandparents and parents have always been avid gardeners. As a kid, I didn't understand how precious the gift of local, delicious and seasonal foods actually is and I think it took my experience traveling in Japan to fully realize this. I feel like this is where that appreciation and understanding of local, seasonal food began. I knew that, in some way shape or form – as my own style would evolve – this would definitely form the foundation for it.

How did it come to be that you traveled to Japan to improve your language and then you started working in a restaurant?

I wasn't just completely blindly walking in. I was entertaining thoughts of working as a chef. I had worked in restaurants in high school and college but as part-time jobs so it was a great way for me to use some of the technical skills I had learned combined with the language skills I acquired to find a job in the kitchen. After that, I was really swept away by working with an inspiring chef and learning the hard knocks of working in a kitchen. It was a rude awakening but at the same time it was also how I found that I had a real passion for it.

This month's Chopsticks NY issue features Japanese bento. Do you have a particular bento experience that you can share with the readers?

I think, like most Westerners, we approach the bento boxes with a romantic charm because we were infatuated with the form. Like a lot of things about Japanese culture, form takes precedence and is the key to mastering any new technique. We are enamored with the form of the boxes and I certainly was. The idea of having such a variety of flavors and textures for lunch kind of far exceeds what most Americans expect in an ordinary lunch. In fact I am still infatuated with it and would love to be able to incorporate the form of a bento box. I find that it is really compelling. Whenever I get to go back to Japan, it is something that I am always eager to taste.

How would you pair a signature dish at your restaurant with a Japanese drink?

With the onset of warmer weather, there are two things that come to mind that are, for me, really distinctive in the heat of the early summer in Japan before the rains start: cold *mugicha* (wheat tea) and chilled homemade *umeshu*. The homemade *umeshu* is strikingly beautiful because it is –at least in the versions that I have experienced – much less sweet than anything I've ever tasted bottled. The *mugicha* has a nice roasted quality that is simply irresistible. I've always been infatuated with cold dishes, which comes primarily from my experience living in Japan. When you had those days that were just so hot and humid and all your body was craving was something refreshing and cool. For example, the dish *hiyashi chuka*. It's a cold noodle dish that is served with a little bit of mustard, vegetables, cucumbers, carrots and a touch of vinegar so it's refreshingly chilled. I serve a dish that will soon appear on our menu, a marinated cucumber salad with yogurt sauce and roasted black bass. One of the difficulties I found was serving a cold dish that was seductive enough to really make people pay attention. So I tried serving a light marinated cucumber salad crisp and chilled, along with cold yogurt sauce and then putting the warm fish over the top of it. It has bright and aromatic herbs like mint, cilantro and a little bit of lime juice which was a great way to make it come alive. I think that would be wonderful served with a light *mugicha* or even a homemade *umeshu*.

—— Interview by *Lisa Birzen*

The menu at Gramercy Tavern highlights seasonality and locally grown ingredients. Some of Gramercy Tavern's signature dishes are Barley Risotto (left) and Striped Bass with White Sweet Potato and American Caviar (right).

©Bill Bettencourt

Gramercy Tavern

Conceived in 1994 as the second restaurant of esteemed restaurateur Danny Meyer, Gramercy Tavern offers its guests refined, contemporary American cuisine, warm hospitality and unparalleled service in a historic landmark building. Executive Chef Michael Anthony impresses restaurant guests and food connoisseurs alike with his emphasis on local, seasonal ingredients. He was nominated for this year's prestigious James Beard Award for Best Chef: New York City.

42 E. 20th St. (bet. Park Ave. & Broadway), New York, NY 10003
TEL. 212-477-0777 / www.gramercytavern.com

Beauty

Hydrate Summer Skin with Dr.Ci:Labo's Aqua-Collagen Moist-Lotion

Here comes the season when the sun's strong rays burns your skin. Once sunburnt, your skin becomes really dry. But great news this summer from Dr.Ci:Labo, creator of Japan's much-sought-after medical skincare products. Available in the US in July, the new **Aqua-Collagen Moist-Lotion** hydrates all types of trouble-prone skin in a matter of an instant. Amazingly, your skin stays dewy moist all through the day!

The lotion was created in response to requests for toning the skin and maximizing Gel's effects. When this perfume/colorng/mineral oil/paraben-free, thick lotion is gently patted onto your clean face, you immediately notice the difference. It gets absorbed very quickly like it quenches the thirst of your skin. Tremella fuciformis (snow fungus) polysaccharide, an ingredient unique to the lotion, helps make the skin well-balanced and hydrated from the inside.

Moisture retention is the key to glowing, healthy skin, free from various skin problems – whether it be dryness, oiliness, acne, wrinkles, or visible signs of damage and aging. Since this is the almighty lotion, which is formulated to be suitable for all skin types and all age groups, it is what you really need if you suffer from any problem listed above. The lotion works best when used with other products from the Aqua Collagen cosmetic line, of course, but can also be effective when combined with any other products you are using. Simply add this miraculous lotion to your summer regimen and keep your skin young and healthy.

Aqua-Collagen Moist-Lotion will be released on July 8th at Takashimaya New York (693 5th Ave., New York, NY 10022). Customers who purchase this product will receive a free gift (original small mirror) from July 8th while supplies lasts.

Info: www.olabousa.com
Contact: media@olabousa.com / TEL. 212-944-1559

Fashion

Fashionably-Functional Shoes for Kids From TSUKIHOSHI

Children's feet are not simply miniature versions of adult feet, and in order to grow into healthy adult feet, they need a multifunctional shoe made specifically for them. It is also tough to satisfy fastidious children's tastes, which gives parents a huge headache. Great help for them is now arriving from Japan. **TSUKIHOSHI**, one of Japan's oldest and most esteemed footwear companies, launches its children's collection in the United States for fall 2009.

Combining modern and innovative design with centuries-old Japanese craftsmanship and artistry, the company makes the world's best shoes for babies, toddlers and youths. Their shoes fill any requirement to be worn by kids: lightweight and flexible, barefoot-like comfort, arch support, easy on and off, reflective safety material, machine washable, anti-bacterial, and removable insoles. This may give a great relief to parents.

For TSUKIHOSHI Shoes, functionality does not sacrifice fashionable design, and various designs are available for meeting children's needs. For babies who like classic look, Baby 03 model is recommended. If they are more trend-oriented, the cutesy floral & metallic Baby 05 and 06 are the best. For the active child, Tsukihoshi's classic and best selling model, Child 01 is sure to be a favorite for fall. For the hip and trendy kid, TSUKIHOSHI offers the Child 08 and Child 20. The youth that wants something sophisticated but still cool, should go for Youth 20.

This fall, styles are available in an array of fashion forward looks, metallics, cool colors (mauves, chocolates, purples, blues), and bright floral motifs. Get ready to show them off!

Info: www.tsukihoshi.com

Where to find TSUKIHOSHI in NYC.

Harry's Shoes for Kids	Tip Top Shoes	Shoofly	Lester's Shoes
2315 Broadway	155 W. 72nd St.	42 Hudson St.	1534 2nd Ave.

Entertainment

Showcasing Real Japan: Travel TV Program "Visit to My Homeland"

Japan is one-twenty fifth the size of the United States. Although it's a small country, Japan has a rich culture, profound history, and lots of regional features. Traveling around Japan is always wonderful for native Japanese and much more so for non-Japanese. For those who are eager to go to Japan, "Visit to My Homeland," a new TV series from the U.S. Nippon Communications Network (USN-TV), serves as a window to the country.

Since 1985, the U.S. Communications Nippon Network has aired a variety of Japanese TV programs, dubbed or subtitled in English, that cover political, economical, social, and cultural issues. "Visit to My Homeland," now in its third season, showcases tourist spots as well as hot springs, theme parks, food, and traditional and modern cultures, and is one of the channel's most popular programs. The new season just started on June 6 and will continue every Saturday until October 17. Programs scheduled to air in July feature Okinawa, Japan's southernmost prefecture, consisting of 160 beautiful and subtropical islands; Kanazawa City, the castle city in Hokuriku region, with a tradition of craftsmanship, and Yamaguchi, a prefecture bordered by the sea on three sides, giving rise to a unique food culture. Such vivid reports on such diverse places can't be found in books, so you won't want to miss this program.

* U.S. Nippon Communications Network is broadcast through WNYE/NYC-TV 25 and can be received anywhere in the NY tri-State for free. The channel may differ depending on your area and television provider. For the channel listings and complete broadcasting schedule, visit www.imnet.com/usn/visit.html

Food

Sweeten Up and Cool Off in the Summer with Frozen Crepe Sticks

Far from their birthplace of France, crepes have taken on a new life in Japan. Today, crepe stands are found everywhere around the country and the snack is a favorite choice for a day out with friends and family. This Japanese style of crepe has just become available in the U.S., and now you can brighten up the hot summer with frozen **Happy Clover Crepe Sticks** that you can enjoy at home.

There is a choice of flavor—strawberry, chocolate, banana caramel and mango, entwined with a fluffy cream. Each wheat crepe sheet is delicately rolled around a whipped cream center by hand, making the individually packaged crepe stick a convenient, ready-to-eat form. Store an assortment of the crepes in the freezer and you'll always have a no-preparation dessert handy.

It's tasty if you take the crepe stick straight out of the freezer, but there are also numerous other ways to enjoy the treats. If you like to enjoy an airy cream texture, thaw it a little bit. Or pop it into the microwave for several seconds, you'll get a sense of a hot crepe coming out of a griddle. If you have guests, why don't you slice a couple sticks into bite-size pieces and serve them on a plate. Garnishes like fruit or ice cream, go particularly well with the flavor varieties. The crepe stick can also be a yummy treat for children on a hot day.

Happy Clover Crepe Sticks can be found at Japanese, Chinese and Korean grocery stores.

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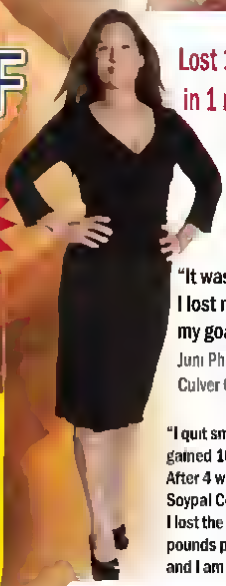

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FEATURED STORY

TEMPTATION OF JAPANESE LUNCH

BENTO CULTURE: ITS FASCINATING EVOLUTION

Assortment of small dishes, healthy combination, and appetizing presentation— the appeals of bento (Japanese lunch box) are now winning fans worldwide. The origin of bento dates back to the ninth century. Here, Chopsticks NY gives an overview of its evolution for over 1000 years and reports the latest trends as well.

FEATURED RESTAURANTS, CATERING COMPANIES, AND DELI

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ASIAN REVIEW
CHINA 1 ANTIQUE LOUNGE

CONVERSATION WITH SAKE SOMMELIER
SATSKO WATANABE - SAKE: NOW A PART OF AMERICAN CULTURE

LISTINGS
JAPANESE RESTAURANT / OTHER ASIAN RESTAURANT / GROCERY & SAKE

BENTO CULTURE
ITS FASCINATING EVOLUTION

FROM ITS BEGINNING TO BECOMING A HOUSEHOLD NAME

A "bento" (or "o-bento," using the honorific prefix "o") is a portable, packed lunch with a long history. It's said that the earliest style of bento emerged during the Heian period (794–late twelfth century) and consisted of either dried, cooked rice called "hoshi-i" or a rice ball known as "tonjiki." The most important requirement for bento in those days was practicality; these lunches had to keep well and be easy to carry. In the late sixteenth century, people started enjoying bento on other occasions. They put bento in lacquer ware boxes for cherry blossom–viewing parties and tea ceremonies.

During the peaceful Edo period (1603–1867), bento were used for various occasions and came in different styles. People began to travel more frequently and longer distances during this period, creating a need for bento that could be carried along with them. The lunch, usually rice balls, had to be simple and portable and was wrapped in bamboo leaves, which help to preserve food. The "makunouchi bento" consists of small rice balls and an assortment of side dishes that are conveniently packed in one box. This type of bento is enjoyed during the intermission of kabuki and noh plays, both of which gained popularity in the Edo period. (The "maku" in "makunouchi" means curtain, by the way.) The makunouchi bento was originally sold only in theaters, but nowadays it is available everywhere and is one of the most popular styles of bento.

BENTO IN THE MODERN AGE

In the modern age, different styles of bento have been developed to accommodate changing lifestyles and technological advancements. Once the railroad spread nationwide, long distance trips became easier and travelers needed to eat something while on board. Each station started to provide bento, and as a result, "eki-ben" which literally means "station bento," were created. Eki-ben are made with local ingredients and are a convenient way to sample regional specialties. Before eki-ben were sold on the train, passengers got off to buy eki-ben at kiosks or from the vendors selling only eki-ben on the platform during the brief stop at the station. Although the golden age of eki-ben ended a long time ago, many Japanese today still seek out eki-ben to appreciate local flavor. For these fans of eki-ben, "eki-ben fairs" are often held in department stores and supermarkets. By the twenty-first century, a new version of eki-ben had emerged: the "sora-ben" and "haya-ben." The literal meaning of "sora-ben" is "bento in the sky", sora-ben are bento sold in the airport. Meaning "fast bento," "haya-ben" refers to the bento sold in service area in highways.

Bento took a drastic turn in the 70s. Take-out bento specialty stores started providing freshly cooked bento that was made to order. This type of bento store took advantage of the franchise system and spread nationwide very quickly. Thanks to these franchises, it was now possible to eat steamy hot bento at any time. At about the same time, another franchise spread: the convenience store. The bento sold in these stores are not made to order, but customers can warm bento by themselves in the stores' microwaves.

SHOKADO BENTO

Photo courtesy of Chiyoda Sushi

Shokado bento is a style of bento served in a box with four divided into four squares. This famous type of bento that Japanese enjoy these days is somewhat casual, but originally it is related to kaiseki, the delicate cuisine served in tea ceremonies. An interesting story lies behind the emergence of this bento style. In the early Edo period, there was a priest in Kyoto's Iweshimizu Hachimangu named Shojo Shokado. In the house of his neighbor, a farmer, Priest Shokado found an unusual box divided into four squares. Although the farmer used the box for keeping seeds, Priest Shokado had another idea, and he started using these boxes for his paints and as plates in tea ceremonies. In the beginning of the Showa period (1926–1989), the founder of Kicchо, a prestigious kaiseki restaurant in Kyoto, discovered one of Priest Shokado's boxes in Iweshimizu Hachimangu. He then developed a way of using this type of box for serving kaiseki, thus creating the Shokado bento we know today.

THE LATEST TRENDS

As in the U.S., Japan is also experiencing a recession, and this influences the lunch scene as well. Many office workers now bring homemade bento instead of

The "collaboration bento" is one of the recent trends for bento in convenience stores. Examples are the Konkatsu bento (left) and Konkatsu roll (middle) that promote a popular TV drama.

going out for lunch. Even young, single male workers, who typically do not cook regularly and are the least likely to bring their own bento, are now cooking bento to save money.

Bento competition among convenience stores is also heating up. Each franchise has to establish a strategy to compete with the other franchises. In order to attract customers constantly, each franchise keeps introducing new flavors, styles, and packaging of bento almost every week. The cycle of introducing new items is becoming shorter and shorter these days. One recent marketing strategy to capture bento customers is to establish brand images in collaboration with celebrities, popular TV programs, and movies. For example, one of the main convenience store franchises has recently launched two new items, "Katsu Don" and "Ton-katsu Roll," in collaboration with the TV drama series "Konkatsu!," the main character of which is the son of the owner of a ton-katsu (pork cutlet) restaurant.

Another important trend that should be mentioned is "Chara-ben" (pronounced "kya-ra-ben"), a shortened form of "character bento." These are homemade bento that take the shape of anime characters, superheroes, and original cute characters. The creators of chara-ben are mainly mothers of small children, who must bring bento to school. Chara ben are absolutely works of art. The precise and meticulous reproduction of characters is amazing. These ladies even use tweezers for miniature decorations. Thanks to their dexterous mothers, Japanese children are now enjoying bento more than ever.

©Aloko Nishimura & Keiko Magi

Tasty reproduction of SpongeBob SquarePants for Chara-ben. SpongeBob is made of tamago yaki (Japanese omelet) and his sidekick Patrick Star is made of tsukune (meat pate).

WHAT DO YOU EAT?

BENTO BY WORKING WOMEN IN TOKYO

Many Japanese make and bring their own bento to their offices and schools every day. Here, we peek at some bento made by working women in Tokyo.

MIKU TAMURA
For me, "saving" is the key. Today's o-bento cost less than 50 cents to make! I can save money as well as cooking time. Plus, by using plastic wrap before placing it in the container, I can save washing time, too!"

MAMI SHINODA
"Healthfulness" is my philosophy for cooking o-bento. They are all handmade, and no frozen item is used. Also, the white rice I eat, Akitakomachi, is harvested in my grandma's rice field—that's the best!

[ingredients] Rice with furikake sprinkles, boiled sausage, sautéed maitake mushroom

[ingredients] White rice with sesame, pickled plum, seaweed with herring roe, marinated chicken and onion, mabo vermicelli, butter-sautéed spinach and bacon

MIFUYU SASAKI
When I make an o-bento for my husband, I make one for myself as well. All the cooking preparation is usually finished the night before. Today's o-bento misses color. I think. A cherry tomato or pickled plum would add a perky color and make it more appetizing.

[ingredients] White rice and Todaiji Temple miso, grilled chicken with shiso and miso, egg salad, mizuna ohitashi, lightly pickled cucumber and cabbage.

ICHIGO NAGAI
I try to have as wide a variety of vegetables as I can and to use the Japanese cooking style and seasoning to keep my bento healthful. Also, in order to enjoy a sense of the seasons, I usually incorporate seasonal ingredients.

[ingredients] Chirashi-zushi, beef-rolled vegetables, boiled komatsuna, hijiki, boiled egg, wild vegetable ohitashi salad

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BENTO: Changing New York's Lunch Culture

Busy New Yorkers hungry for a healthy and inexpensive option at lunch can find it with FUJI Catering's nutritious bento, a boxed lunch combining Japanese cuisine with American convenience

Japanese Style Lunch Delivered to Your Office

Toru Furukawa wants to change American food culture. The thirty year-old president of FUJI Catering believes New Yorkers are not getting a good balance of meats, fish and vegetables in their diets. He wants to help them achieve that balance with bento, the Japanese boxed lunch.

FUJI Catering, located on Ludlow Street in Chinatown, has been in New York for twenty years and provides bento (boxed lunches) to a mainly Japanese clientele. The company takes orders by phone or e-mail every day and delivers them to workers in mostly Japanese businesses in Manhattan, Queens and even New Jersey. Furukawa would like for his company to include a non-Japanese client base, and he has plans for making bento just as popular a choice for lunch as pastrami on rye or a burger with fries.

Each week Furukawa creates a menu with four different choices of bento. It's a healthy alternative to fast food because, although bento can contain battered and fried food such as tempura, the small portion of potentially unhealthy food is balanced by portions of healthy items such as steamed or grilled vegetables, calcium-rich seaweed, and a good source of protein in grilled fish. It is beautifully arranged in one container that has separate compartments for each dish and is 100% recyclable. The cost of one of these hearty meals ranges between $6.50 and $7.00, an unbeatable price in today's economy. In addition to the healthy and money-saving aspects of bento, having lunch delivered is convenient, especially if people are too busy to take an hour break or if the office has limited choices of restaurants in the area.

What is Bento?

So, what exactly is bento? By American standards, the phrase "boxed lunch" brings to mind a plain

Toru Furukawa. Born into a Tokyo bento-making family, Furukawa is a self-described "bento geek." His grandfather started the bento company Azuma in Tokyo forty-five years ago. His father took over in 1977, and his brother now runs Azuma, which supplies more than 3,500 bento to many Japanese corporations each day. Collectively the Furukawa family has a goal to make bento popular in New York.

Steps for Delivering a Bento to You

FUJI Catering's workday begins while many of us are still sleeping. The twelve members of the kitchen staff of the bento-making company begin cooking at five o'clock in the morning.

Around 7:00am they start packing the biodegradable containers, filling orders that were taken by phone or online.

When the thirteen delivery people leave between 9:00am and 10:00am to distribute that day's orders, the kitchen work continues. Since FUJI Catering takes lunch orders until 10:00am, there are sometimes additional orders to fill, followed by shopping and then the preparation for the next day's meals.

Each delivery person has an area based on customer location. They have learned which subway stations have elevators so they can travel in relative ease with wheeled carts holding between fifty and sixty bento for customers.

cardboard box containing a bland cold-cut sandwich a small bag of chips and either a chocolate chip cookie or an apple. But a boxed lunch in the Japanese sense is more elaborate than that. A Japanese bento consists of rice or noodles, meat (beef, pork or chicken), fish, and cooked and pickled vegetables.

The bento has come a long way from its humble beginnings during Japan's Heian Era (794 - late twelfth century) when the Japanese developed hoshi-i, dried cooked rice they stored in a bag and carried to work. Throughout the centuries the bag evolved into lacquered boxes, the meals expanded to include more than rice, and bento consumers progressed from farmers to Kabuki audience members to school children.

Bento for American Palates

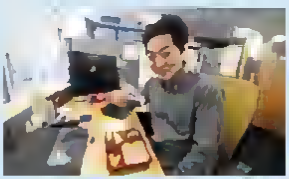
FUJI Catering wants to add American workers to that list. At this time, Furukawa is aiming for corporate accounts with a daily minimum order of ten bento. Americans are adventurous about trying different cuisines; still he will add American touches to attract new customers. For example, FUJI Catering already offers Chinese-style and vegetarian bento, and he believes adding light sandwiches and possibly even pizza to the menu will attract non-Japanese customers. "There are no rules with bento," says Furukawa; therefore, he has the ability to create versatile lunches that will provide a sense of familiarity while introducing customers to Japanese home-style cooking.

Many English-speaking websites are dedicated to bento recipes and even bento art, proving that bento is growing in popularity in this country. Furukawa and his staff at FUJI Catering want to continue that trend by delivering bento to busy New Yorkers. Yes, Toru Furukawa wants to change American food culture, and he's determined to do it one bento at a time.

FUJI Catering
27 Ludlow St.
New York, NY 10002
TEL. 212-219-9955
FAX. 212-941-1171
www.fuji-catering.com

Tastes for Americans?

Andrew Hayakawa, a twenty-six-year-old software engineer, is one of the regular customers of FUJI Catering. As a Japanese American, Hayakawa grew up eating bento foods, "so it's kind of like going back home," he says. He has introduced his co-workers who are mostly non-Japanese, to the variety, healthfulness and convenience of FUJI Catering's bento. Although he sometimes has to explain to them what some of the foods are, overall his co-workers are impressed with the flavor, portion size and presentation. "A lot of the stuff my co-workers hadn't seen before, so it was like an eye-opener for them."



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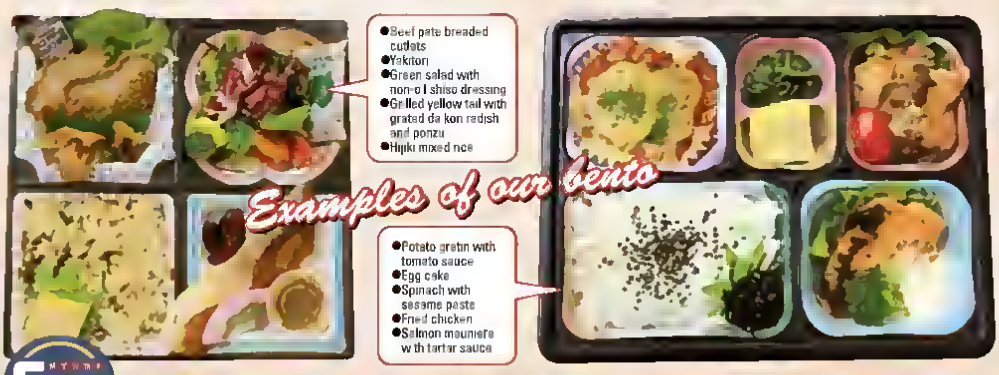

●Beef pate breaded cutlets
●Yakitori
●Green salad with non-oil shiso dressing
●Grilled yellow tail with grated daikon radish and ponzu
●Hijiki mixed rice
Examples of our bento
●Potato gratin with tomato sauce
●Egg cake
●Spinach with sesame paste
●Fried chicken
●Salmon mauniere with tartar sauce

FUJI Catering T: 212-219-9955 | F: 212-941-1171 | WWW.FUJI-CATERING.COM

TAKE-OUT

FINDING FRESH FISH RIGHT BY THE WATER

NARA JAPANESE FOODS

Sushi Set A *$10.50*

The sushi A arrangement includes 2 pieces each of tuna, yellowtail and salmon and 1 of eel as well as a tuna roll.

Chirashi Sushi *$9.95*

There is a perfect balance between the variety of fish and the sushi rice beneath, and this healthy meal leaves you feeling satisfied.

Port Washington might be best known for its scenic harbor, but don't forget to check out Main Street. Here you can find **Nara Japanese Foods**, a store that aside from being stocked with Japanese DVDs, household goods and sweets, has a sushi counter in the back that caters to its lunchtime clientele.

According to veteran sushi chef Makoto Takahashi, all of the items are made on the spot or after receiving an order from a customer. Nothing is left to sit, which explains the extreme freshness of all of the offerings. There is an assortment of 20 different signature rolls and several bento boxes, but the chirashi sushi and sushi sets are not to be missed. The Chirashi Sushi ($9.95), one of the most popular selections, features tuna, yellowtail, salmon, eel, squid, scallops and octopus, fluke covered with salmon roe and seaweed. The three sushi sets, A-C, range from 5-10 pieces and substitutions can be made as desired. For an extra $2 you can order a different type of roll with the "Choice" option. Takahashi's handiwork is sure to please, so next time head out to Long Island to try mixing and matching yourself!

RESTAURANT DATA

169 A Main St
Port Washington, NY 11050
TEL. 516-883-1636
Tue-Fri 10am-8pm, Sat 9am-8pm, Sun 10am-7pm

TAKE-OUT

BENTO NOUVEAU

Summer Roll Combination ***$5.99***

RESTAURANT DATA

173 Broadway
(at Courtland St.)
New York, NY 10048
TEL. 212-437-8744

32 Broadway (at Morris St.)
New York, NY 10004
TEL. 212-747-0994

1407 Broadway
(bet. 38th & 39th Sts.)
New York, NY 10018
TEL. 212-394-1405

Mon-Sun 11am-7pm

With the motto "fast, cheap and delicious food," **Bento Nouveau** offers high quality Japanese meals for people on the go. The Summer Roll Combination comes with a choice of a California roll, vegetable roll or 3 pieces of sushi (salmon, tuna, and shrimp), and the Chicken Teriyaki Salad with sushi or a roll is a well-balanced meal that is low in calories as well. Other items on the menu are also healthy alternatives to the usual fare, and their generous portions will keep you full and satisfied.

UNDER $10

DELI + GROCERY DAINOBU

Dainobu Special Chirashi-Sushi ***$8.99***

RESTAURANT DATA

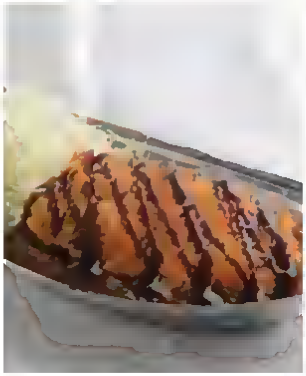
129 E. 47th St
(bet. Lexington & 3rd Aves.)
New York, NY 10017
TEL. 212-755-7360
www.dainobu.com
Mon-Sun 9am-10pm

The Japanese mega supermarket chain **Dainobu** launched its NY store in 2008. They carry over 2,000 grocery items, and their deli section also offers a wide range of dishes including bento boxes and sushi. One of their best selling dishes is the Chirashi Sushi —a bowl of sushi rice topped with 10 different kinds of seafood slices like octopus, squid, tuna and salmon. For a healthy alternative, sushi rice can be substituted with a special blend of multi-grain rice for an additional $0.50.

UNDER $10

GO! GO! CURRY!

Katsu Curry ***$7-$9.50***



RESTAURANT DATA

273 W. 38th St.
(at 8th Ave.)
New York, NY 10018
TEL. 212-730-6555
www.gogocurryusa.com
Mon-Sun
10:55am - 9:55pm

The most acclaimed dish at the Japanese curry specialty restaurant **GO! GO! Curry!** is the Katsu Curry! Their savory thick curry sauce is poured over steamy Koshihikari rice and topped with a crunchy pork cutlet right off the fryer. It's served with freshly cut cabbage and comes in 4 different portions. Walk. Single. Double and Triple. The menu also features an assortment of toppings like chicken cutlet, breaded shrimp, sausage, cheese and natto...and that'll definitely satisfy any curry craving.

UNDER $10

GO RESTAURANT

Tori Seiro Soba & Sushi Set ***$9.95***

RESTAURANT DATA

30 St. Marks Pl.
(bet. 2nd & 3rd Aves.)
New York, NY 10003
TEL. 212-254-5510
Lunch: Wed-Sun
12pm-4:30pm
Dinner: Mon-Thu 5pm-1am
Fri & Sat 5pm-2:30am
Sun 5pm-1am

A staple restaurant in the East Village, **Go Restaurant** boasts a wide range of cuisines from takoyaki to sushi. A must try for lunch is the Tori Seiro Soba & Sushi Set. It's a soba dish you enjoy by dipping the noodles in a soup simmered with grilled chicken and leeks. For a great deal at $9.95, the set also includes 3 pieces of sushi and 2 kinds of rolls. Also, the Mini Donburi & Udon Combination comes with many variations, making every visit to the restaurant an exciting and economical one.

UNDER $10

KAMBI RAMEN HOUSE

Kambi Basic Ramen ***$9.50***

RESTAURANT DATA

351 E. 14th St.
(bet. 2nd & 1st Aves.)
New York, NY 10003
TEL. 212-228-1366
www.newyorkramen.com
Mon-Sun: 11:30am-11:00pm

Kambi, a ramen specialty restaurant, boasts of many types of noodles and broths and patrons can personalize their ramen noodles by combining their preferred choices. The Kambi Basic Ramen is a masterpiece developed over 10 years by the ramen-loving owner... It's a typical Kumamoto-style ramen, and its dense tonkotsu (pork base) broth boiled for more than 12 hours is nutritious and full of collagen. Garlic oil sprinkled just before serving matches well with the thick tonkotsu soup.

UNDER $10

OMS/B

Special Set ***$7.25***

RESTAURANT DATA

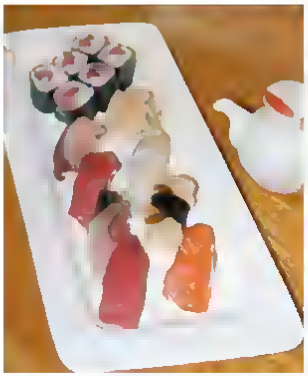
156 E. 45th St.
(bet. Lexington & 3rd Aves.)
New York, NY 10017
TEL. 212-922-9788
www.nobell-omsb.com
Mon-Fri: 6am-7:30pm
Sat: 11:30am-5 pm

Oms/b specializes in a new generation of gourmet omusubi rice balls with creative fillings and toppings. The Special Set, offered from 10am to 3pm, comes with 3 omusubi of the day, an appetizer and soup. Their rice ball selection is so vast that you'll enjoy a different combination every time. The set in the picture includes rice balls with lobster salad, shrimp tempura and salmon as well as a side of hijiki salad and a miso soup. Try Set A for $9.25 if you'd like to choose your own rice balls.

UNDER $10

RESTAURANT SHINA

Sushi Nigiri *$10*



RESTAURANT DATA

99 Anderson Ave.
Cliffside Park, NJ 07010
TEL: 201-941-6333
restaurantshina@gmail.com
Lunch: Mon-Sun
12pm-2:30pm
Dinner: Mon-Sun
5pm-10:30pm

A popular destination among the local gourmands in Cliffside Park, NJ, **Restaurant Shina** offers lunch meals for under $10. Their veteran chef with 34 years of experience prepares delectable sushi using the freshest seafood that melts in your mouth. The Sushi Nigiri features 7 pieces of sushi, a tuna roll, salad, miso soup and dessert, and sushi pieces can be customized upon request. Other lunch favorites include lunch boxes and noodle soups, and they'll promise you a satisfying dining experience.

UNDER $10

SABURI

Daily Lunch Set *$9.75*

RESTAURANT DATA

168 Lexington Ave.
(bet. 30th & 31st Sts.)
New York, NY 10016
TEL: 212-481-7766
www.saburinyc.com
Lunch: Tue-Fri 12pm-3pm
Dinner: Tue-Wed & Sun
6pm-11pm
Thu-Sat: 6pm-3am

Saburi serves "wafu chuka" Japanese style Chinese cuisine that is a healthy option to enjoying Chinese dishes. The Daily Lunch Set comes highly recommended and includes a main dish, rice and soup or a salad. The menu schedule is Mabo Tofu (Tue), Qui Zhao (Wed), Subuta (Thu) and Ebi Chili (Fri). During this summer, The Fel Bowl is served at $9 for lunch and dinner on Tuesdays, and their signature Hiyashi Chuka is a savory cold noodle dish offered also at $9 all day on Wednesdays.

UNDER $10

WASHOKU CAFÉ

Special Lunch Box *$4.99*

RESTAURANT DATA

9 E. 37th St.
(bet. Madison & 5th Aves.)
New York, NY 10016
TEL: 212-686-2233
www.washokuny.com
cafe@washokuny.com
Mon-Fri: 7am-7pm
Sat: 10am-4pm

To deliver authentic Japanese food in NYC, **Washoku Cafe**'s home cooked bento boxes are prepared right on the premises. Their Special Lunch Box is only $4.99 and comes with a main dish of your choice, a daily side and assorted vegetables, along with rice or a green salad. Teriyaki chicken is a popular main dish, and other favorites include spicy chicken, tofu steak, beef hamburger and chicken nanban. A wide range of choices at amazingly affordable prices will have you coming back for more.

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TAKE-OUT BY RYUSEI

Chirashi ($9) & Seared Salmon Sushi ($9)

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Mon-Sun 10am-7pm

www.daidomarket.com

SPECIAL LUNCH

CHIYODA (MORE THAN JUST) SUSHI NEW SUMMER OFFERINGS

CHIYOOA SUSHI

Bento Box ($8 50) Cold Udon ($6 50) Onigiri ($1 95)
A sampling of Ch yoda Sushi s del c ous offerings Try the seasonal cold udon or year round favorites like broiled mackeral bento box and onigiri

Chiyoda Sushi has become a well-known fixture of midtown Manhattan ever since its opening in 2006 This Tokyo born restaurant/deli provides customers with as many as 40 types of sushi and the display case is almost overwhelming in its delicious and healthy options However now that the warmer weather has settled in Chiyoda Sushi is looking to give its clientele an even wider menu to suit the season This is the reasoning behind new items such as cold udon and soba salad which were introduced in early May

Chief Manager Hajime Itoh finds that Americans tend to be more familiar with udon and this summer version can be ordered on its own ($6 50) or in a set with sushi ($12 50) In addition to buckwheat noodles the soba salad ($5 10) includes lettuce broccoli and tomatoes and comes with sesame dressing

Itoh says "We are all about providing choice to the customer so people don t get bored " He shares that a popular item that often sells out is the smaller salads which customers mix with sides such as brown rice or sushi Whether you are a sushi fan or tend to go for cooked food Chiyoda Sushi has something for you

RESTAURANT DATA

16 E 41st St. (bet. Madison & 5th Aves.)
New York, NY 10017
TEL 212 889-1260
Restaurant Mon-Fri 11 30am-2 30pm
Deli Mon-Fri 10am-8 30pm Sat 10am 7pm
Sun 11 30am-6pm

SPECIAL LUNCH

BOZU

Chirashi ***$15***

RESTAURANT DATA

296 Grand St.
(bet Roebling & Havemeyer Sts.)
Brooklyn, NY 11211
TEL. 718-384 7770
www.oibozu.com
Lunch Sat & Sun
12pm-3 30pm
Dinner Mon-Thu
6pm-12am Fri & Sat
6pm-1am Sun 6pm 12am

Chirashi was originally prepared using bite size pieces of sashimi and **Bozu** s Chirashi stays true to this tradition which you won t find anywhere else in NY About 20 sashimi pieces are beautifully layered over the rice and to enjoy sprinkle soy sauce with wasabi over the dish Now you are ready to dig in to the rice with a couple of sashimi To pair with this meal which is only offered on weekend try the Yuzu Water mojito-inspired juice made by mashing oranges and mint leaves mixed with yuzu citrus

SPECIAL LUNCH

CHO CHO SAN

Sashimi Lunch Box ***$15.50***

RESTAURANT DATA

15 W 8th St.
(bet. 5th & 6th Aves.)
New York, NY 10003
TEL. 212-473-9333
www.chochosanrestaurant.com
Mon Thu 4pm 11pm
Fri & Sat 5pm 11 30pm
Sun 4pm-11pm
*Closed for lunch until Labor Day Lunch menu is served during the happy hour (4 30pm-7pm)

Cho Cho San opened its doors just a year ago and is now a favorite dining spot among local patrons Their chef believes lunch should be fully portioned healthy and reasonably priced and that is exactly what the Sashimi Lunch Box offers It consists of an assortment of dishes like sashimi simmered hijiki beef negimaki tempura shumai as well as a salad rice and miso soup For $15 50 you ll find it to be a satisfying meal that is packed with vital nutrients to revitalize the body

SPECIAL LUNCH

HAKUBAI JAPANESE RESTAURANT

Kenbi Lunch Course ***$39***

RESTAURANT DATA

66 Park Ave (at 38th St.)
New York NY 10016
TEL 212-685-7111
www.kitano.com
Hakubai@kitano.com
Lunch Mon-Sun
11:45am-2:30pm
Dinner Mon-Sun
5pm-10pm

The prominent kaiseki restaurant **HAKUBAI** introduces a new full course meal Kenbi Lunch Course that incorporates a wide variety of healthy and nutritious ingredients. The sophisticatedly seasoned dishes are low in calories and loaded with valuable nutrients such as DHA, collagen, iron and essential vitamins. It also cleans your body by regulating your digestive system. Chopsticks NY readers can enjoy the lunch for $35 (reg. $39) and the dinner for $50 (reg. $55) until July 31st.

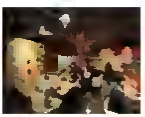
SPECIAL LUNCH

IPPUDO NY

Spicy Tonkotsu Ramen & Grilled Eel Over Rice Lunch Set ***$16***

RESTAURANT DATA

65 4th Ave
(bet. 9th & 10th Sts.)
New York NY 10003
TEL 212-388-0088
www.ippudo.com/ny
Lunch Mon-Sun
11am-3:30pm
Dinner Mon-Thu
5pm-11:30pm
Fri & Sat 5pm-12:30am



Ippudo's lunch set is available only on weekdays and it comes in a combination of ramen, a rice dish and a mini salad. For the summer, they recommend Spicy Tonkotsu Ramen and Grilled Eel Over Rice. This ramen noodle soup has a perfect balance of rich pork broth and spicy miso, and there are 8 other kinds of ramen to choose from. Also, the grilled eel is full of proteins and sure to sustain your energy. Other rice dish toppings include mentaiko, roast pork, tororo and fried chicken.

SPECIAL LUNCH

MUMON RESTAURANT

Sushi/Sashimi Lunch Set ***$18***

RESTAURANT DATA

1300 Franklin Ave.
Garden City NY 11530
TEL 516-747-3388
www.mumonrestaurant.com
Mon-Thu 11:30am-10pm
Fri-Sat 11:30am-11pm
Sun 3pm-10pm

Mumon Restaurant's Sushi/Sashimi Set is prepared by their master chefs with premium ingredients. For the mere price of $18, it features the chefs' choice of marinated fish, nigiri sushi, sushi rolls and fresh sashimi as well as vinaigrette seafood salad and miso soup. A homemade pound cake is served to finish off the meal, making your dining experience rich and satisfying. It's offered only on weekdays, and for those with smaller appetites, a $12 Lunch Set is also available.

SPECIAL LUNCH

SOBAKOH RESTAURANT

Soba and Donburi Lunch Set ***$11.00-14.50***

RESTAURANT DATA

309 E. 5th St.
(bet. 1st & 2nd Aves.)
New York NY 10003
TEL 212-254-2244
www.compasscompass.com/sobakoh
Lunch Mon-Sun 12pm-3pm
Dinner Mon-Sun
5:30pm-10:45pm

Sobakoh, located in the East Village, makes hand-made soba noodles daily. The Soba and Donburi Lunch Set is served with soba and a donburi dish of your choice for $11 to $14.50. The donburi toppings include large anago eel tempura and large prawn tempura with spicy sauce. An order of donburi is normally $8.50 to $13, making the lunch set an extremely economical option. Kanimeshi Lunch Box with crab meat and ikura is also a popular lunch dish.

SPECIAL LUNCH

SOUEN NOODLE HOUSE

Special Lunch Set ***$10***

RESTAURANT DATA

326 E. 6th St.
(bet. 1st & 2nd Aves.)
New York, NY 10003
TEL: 212-388-1155
www.souen.net
Lunch: Mon-Sun 12pm-4pm
Dinner: Mon-Sat
4pm-11:30, Sun 4pm-10pm

Souen Noodle House is a macrobiotic restaurant offering healthy dishes prepared with organic and natural ingredients. The Special Lunch Set is an economical lunch option that is served with a ramen (Wakame Shoyu, House-made Curry or Mucho Vege Miso flavors) along with a side dish of your choice like organic brown rice balls and sautéed garlic green. Their broth is extracted from seaweed and vegetables, and you can also choose your noodles from organic wheat, rice noodles, udon and soba.

SPECIAL LUNCH

SUNRISE MART SOHO

Vegan Special Bento ***$8.49***

RESTAURANT DATA

434 Broome St.
(bet. Wooster St. & West Broadway)
New York, NY 10013
TEL: 212-219-0033
Mon-Sun: 10am-10pm

A Japanese grocery store **Sunrise Mart SoHo** offers lunch meals for eat-in and take out. Their Tuesday special is the Vegan Special Bento prepared without any MSG, dairies or animal fat. Only 20 meals are served and their vegan manager designs a new menu weekly with consideration to colors and the nutritious balance of the overall meal. It's a perfect meal for vegans and the health conscious alike. They also offer brown rice onigiri, udon, soba and curry as well as Japanese-style tamales everyday.

SPECIAL LUNCH

TAKESUSHI

Kaiseki Lunch ***$12***

RESTAURANT DATA

1026 2nd Ave.
(bet. 54th & 55th Sts.)
New York, NY 10017
TEL: 212-355-3557
www.takesushi.com
Lunch: Mon-Fri 12pm-2pm
Dinner: Mon-Sat
5:30pm-10pm

Takesushi's owner is a seafood supplier and that's the secret behind their mouthwatering seafood dishes offered at incredibly reasonable prices. Limited to 25 servings daily, their Kaiseki Lunch includes sashimi, simmered vegetables, fried and grilled dishes. Each dish is delicately seasoned to the kaiseki standard, and this full course meal is also low in calories. The menu may vary depending on the available fish of the day, and the Seafood Donburi ($9.50) is also popular among the patrons.

SPECIAL LUNCH

TOKUBEI 86

Picnic Lunch Box ***$10-$12***

RESTAURANT DATA

314 E. 86th St.
(bet. 1st & 2nd Aves.)
New York, NY 10028
TEL: 212-628-5334
Lunch: Mon-Fri 12pm-3pm
Dinner: Mon-Fri
5pm-11:30pm
Sat & Sun 12pm-11:30pm

Tokubei 86 takes no shortcuts in food preparation and even makes their own miso paste – a key ingredient in Japanese cuisine. A special creation for the summer by their devoted chefs is the Picnic Lunch Box. It incorporates items that require minimal refrigeration and is packed with vegetables, meat and fish as well as rice balls and sushi rolls. Depending on available ingredients, the assortments vary each day, and also with a reservation, this lunch box can be arranged to your preference.

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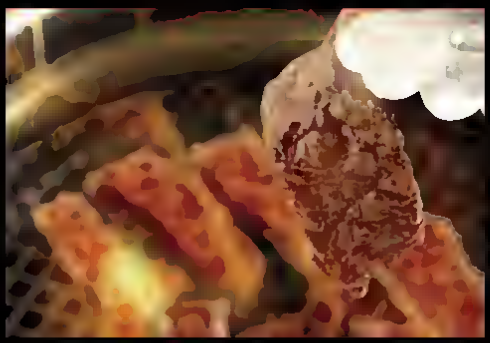
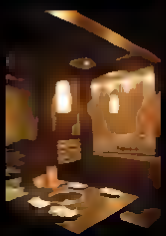
If you like barbeque, the Japanese BBQ specialty restaurant Gyu-Kaku is a great place to be with friends and family. Here you can grill the food yourself right at the table, using top grade ingredients that the restaurant is known for. The two NY locations have just come out with some unbelievable lunch deals you won't want to miss!

East Village

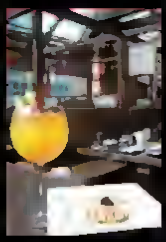




The East Village Gyu-Kaku has started a new lunch set menu featuring the Ume Set for $9 and the Sakura Set for $15. Each one comes with two kinds of meat of your choice, soup, rice and salad. The Ume Set offers a choice of Chuck Ribs, Hanger Steak, Japanese Pork Berkshire, Free Range Chicken, Beef Brisket, Sliced Rib Eye, and Shirimp while the Sakura Set comes with a choice of Premium Short Ribs, Skirt Steak, Prime Rib Eye, Ahi Tuna, Duck Breast, Chicken Wings or Pork Jowel. Not only is this a mind- boggling deal (roughly 60% off), the portions are also generous (a quarter pound per plate). With an array of sauces like tare (Japanese BBQ sauce), shio (white soy ginger sauce), miso, garlic, basil, butter garlic, ponzu and lemon, you will surely find one that fits your craving. In addition to the set menus, there is also a Petite Tasting Menu for $12.95. It comes with a small portion of assorted items, and a la carte menus are also available for a special lunchtime price. On weekends, all drinks and desserts on the brunch menu are 30% off.

Gyu-Kaku East Village
34 Cooper Sq , New York, NY 10003 / TEL: 212-475-2989
Lunch: Wed-Fri 11:30am-3pm Brunch: Sat-Sun 11:30am-3pm
Dinner: Mon-Thu 5pm-10:30pm, Fri-Sat 5pm-11:30pm, Sun 5pm-9:30pm
www.Gyu-Kaku.com

Midtown



The brunch menu that just started last month at the Gyu-Kaku in Midtown is a jaw dropping deal. There is a Kobe Beef Set for two for $55 ($105 for 4), a Gyu-kaku Brunch Set for two for $32 ($58 for 4) and a New Yorker Brunch Set for two for $32 ($58 for 4). The Kobe Beef Set includes different cuts of Kobe beef like Flank Steak, Skirt Steak, Flat Iron and Chuck, while the Gyu-Kaku and New Yorker Brunch Sets are an assortment of four different meats. They all come with miso soup and rice. And even if you can't make it to Midtown on weekends, weekdays have their own deals. A range of a la carte menus including Gyutan (tongue), Chuck Kalbi Tare, Bistro Harami Miso, Yaki Shabu Shio, Rosu Ponzu, Misuji Ponzu, Hormon Miso and Liver Shio are all 50% off every Monday through Wednesday from 11:30am to 2pm. All drinks from beer to cocktails as well as desserts are offered for special prices during this time, so take your family and friends and seize the opportunity!

Gyu-Kaku Midtown
805 3rd Ave , 2nd Fl , New York, NY 10022 / TEL: 212-702-8816
Lunch: Mon-Fri 11:30am-2pm
Brunch: Sat-Sun 12pm-3:30pm
Dinner: Mon-Thu 4:30pm-10:30pm, Fri 4:30pm-11:30pm,
Sat 3:30pm-11:30pm, Sun 3:30pm-9:30pm

BUSINESS LUNCH

INAGIKU

Kagomori *$33*

RESTAURANT DATA

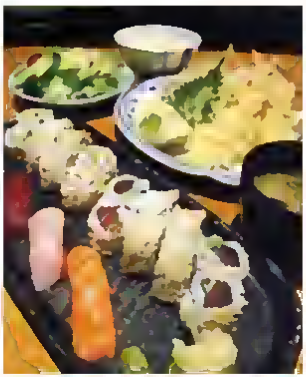
111 E 49th St.
(bet. Park & Lexington Aves.)
New York NY 10017
TEL 212 355-0440
www.inagiku.com
Lunch Mon-Fri 12pm-2pm
Dinner Mon-Sun
5 30pm-10pm

Located within the Waldorf Astoria Hotel **Inagiku** has been serving authentic Japanese cuisine since 1974. Its elegant ambiance is ideal for business meetings and try the Kagomori for such occasions. It's a full course meal served on one tray and features delectable dishes like steamed asparagus with sesame sauce, wine braised scallop, shrimp tempura, beef sirloin negima, sashimi and California rolls with real crabmeat. For a more intimate setting, they also offer various sizes of private rooms.

BUSINESS LUNCH

SUSHIDEN

Sushi & Roll Lunch *$28*



RESTAURANT DATA

19 E 49th St.
(bet. 5th & Madison Aves.)
TEL 212 758 2700
www.sushiden.com
Lunch Mon-Sun
11 45am-2 15pm
Dinner Mon-Sun
5 30pm-10pm

For a business lunch meeting with a sophisticated menu, head to long-standing sushi restaurant **Sushiden**. Exclusively during the lunch hours, they offer private tatami rooms that seat 5 diners per room for no extra charge. Several rooms can also be combined to accommodate up to 12 people, and the servers dressed in traditional kimono add elegance to the ambiance. Their popular lunch menu includes Sushi & Roll Lunch (with soup and a salad) for $26 and Tempura Lunch for $25.

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1. Made in Japan 日本製
One of the few Japanese beers directly imported from Japan.

2. Premium Beer 高品質
The rich flavor is produced with 100% malt barley and aroma hops from Bayern, Germany aged longer than the standard processing time. Selected ingredients and our refined production method create a pleasant bitterness.

3. Traditional beer 伝統
Loved by Japanese for over a century since 1890. Beer for connoisseurs.

Available in NY, NJ, CA and HI

Japanese Restaurant Guide

$35 Average price for a dinner entree and a drink (sake or wine)

Sushi Bar Available | L Open for Lunch
M Tu W Day Close | Delivery
Th F Sa Su | Farm to Dining
Romantic Dining | Local Favorite
Vegetarian Friendly | Business Dinner

Upper West

Aka Sushi Lounge — $18
507 Columbus Ave (bet 84th St & 85th St)
212-362-6200

Bar Masa — $69
Time Warner Ctr., 10 Columbus Ct., 4th Fl
212-823-9800

Gari — $80
370 Columbus Ave (bet. 77th & 78th St.)
212-362-4810

Haku — $25
2425 Broadway (bet. 89th & 90th Sts.)
212 580-2566

Haru — $35
433 Amsterdam Ave (bet. 80th & 81st St.)
212 873-5855

Ichiro Restaurant — $20
53 W. 10th St. (bet. Manhattan & Columbus)
212 995-4668

Kitaro — $25
510 Amsterdam Ave (bet. 84th & 85th St.)
212-787-9008

Kouzan — $25
685 Amsterdam Ave (93 d St.)
212 280-0099

Ruma Sushi — $30
165 W. 72nd St. (Amsterdam & Columbus Ave)
212 580-6224

Mama Sushi — $25
237 Dyckman St. (Broadway & Riverside Dr.)
212 544-0003

Mana Organic Cafe — $20
646 Amsterdam Ave (bet. 91st & 92nd St.)
212-787-1110

Masa — $400
Time Warner Ctr., 10 Columbus Cir., 4th Fl
212-823-9800

Matsu — $25
483 Columbus Ave (bet. 83rd & 84th St.)
212 799-7922

Momoya Amsterdam — $35
427 Amsterdam Ave (bet. 80th & 81st St.)
212-580-0007

Neo Sushi — $26
2258 Broadway (bet. 82nd St. & 83rd St.)
212-752-1003

Next Door — $25
313 W. 107th St. (Pronounced Next Wash ington)
212-543-2111

Ozu — $20
566 Amsterdam Ave (bet. 87th & 88th St.)
212 787-6318

Planet Sushi — $25
360 Amsterdam Ave (Corner of 78th)
212 712-2162

Saga Grill — $25
1258 Amsterdam Ave (bet. 122nd & 123rd St.)
212-666-2956

Saji's — $20
256 W. 109th St. (bet. Broadway & Amsterdam)
212-749-1434

Suma Sushi — $35
364 Amsterdam Ave (bet. 107th & 108th St.)
212 280-5858

Sun-Chan — $25
2707 Broadway (bet. 103rd & 104th St.)
212-749-5009

Sushi A-Ga-Ga — $20
1900 Broadway (bet. 63rd & 64th Sts.)
212-724-7340

Sushi Hana — $35
468 Amsterdam Ave (bet. 82nd & 83rd St.)
212-874-1078

Sushi Yu 2 — $25
827 W. 181st St. (bet. Pinehurst & Cabrini)
212 781-8833

Tamaya — $35
4030 Broadway (at St. Nicholas Ave.)
212-568-0036

Tanzan — $32
265 Columbus Ave (bet. 73rd St. & 74th St.)
212-580-7300

Vina Sushi & Saka — $20
2953-55 Broadway (bet. 115th & 116th St.)
212 222-3568

Yuki Sushi — $20
999 Amsterdam Ave (at 92nd St.)
212-787-8200

Upper East

Aki Sushi — $30
1425 York Ave (bet. 75th & 76th St.)
212-628-8885

Akita — $25
1771 1st Ave (bet. 91st & 92nd Ave.)
212-828-9600

Donguri — $54
309 E. 83rd St. (bet. 1st & 2nd Ave.)
212 737-9056

East Japanese — $22
354 E. 68th St. (bet. 1st & 2nd Ave.)
212-734-5270

Fuji Yama — $30
1495 1st Ave. (bet. 76th & 77th St.)
212-249-2722

Geisha — $61
33 E. 61st St. (bet. Park & Madison Ave.)
212-813-1112

Ginza Japanese Restaurant — $20
800 Lexington Ave. (at 62nd St.)
212-888-7839

Haru — $30
1327 3rd Ave. (at 77th St.)
212-452-1028

Haru Sake Bar — $38
1329 3rd Ave. (at 77th St.)
212-452-2230

Hokkaido — $25
1617 2nd Ave. (at 84th St.)
212-288-1002

Ichiro — $30
1644 2nd Ave. (bet. 87th & 88th St.)
212-369-6300

Ikenohana — $25
1010 Lexington Ave. (bet. 72 nd & 73 d St.)
212-737-6639

Iron Sushi — $25
355 E. 78th St. (bet. 1st & 2nd Ave.)
212-772-7680

Isohama — $35
1555 3rd Ave. (bet. 93rd & 94th St.)
212-828-0096

Iwasaki Sushi — $25
1103 1st Ave. (bet. 60th & 61st St.)
212-308-4620

KAI — $100
822 Madison Ave. (bet. 69th & 69th St.)
212-988-7277

Kao Sushi — $25
1280 1st Ave. (bet. 68th & 69th St.)
212-396-2754

Ka Sushi (2nd Ave.) — $31
1329 2nd Ave. (at 70th St.)
212-439-1670

Ka Sushi (York Ave.) — $31
1619 York Ave. (bet. 85th & 86th St.)
212-772-9838

Kaito Sushi — $30
310 E. 83rd St. (bet. 1st & 2nd Ave.)
212-426-1218

Kyoto Sushi — $30
1240 Lexington Ave. (bet. 83rd & 84th St.)
212-288-5024

Matsu — $30
411 E. 70th St. (bet. York & 1st Ave.)
212 744-5454

Matsu Japanese Cuisine — $30
411 E. 70th St. (bet. York & 1st Ave.)
212-744-5454

Mr. Ginger — $33
1572 2nd Ave. (bet. 81st & 82nd St.)
212-366-1188

Naruto Ramen — $10

Our signature NARUTO RAMEN is a soy broth based noodle soup topped with boiled eggs, various vegetables and thick slices of tender pork. Miso and curry flavored both also available. Enjoy any ramen for $6.50 on Mondays and GYOZA for $2.50 on Wednesdays.
1504 3rd Ave. (bet. 89th & 90th St.)
212-288-7803

Oki Sushi — $35
1575 3rd Ave. (bet. 88th & 89th St.)
212-828-9388

Paka — $30
343 E. 85th St. (bet. 1st & 2nd Ave.)
212-249-0569

Sechi — $30
1390 Madison Ave. (bet. 94th & 95th St.)
212-534-5600

Sake Hana — $18
265 E. 78th St. (bet. 2nd & 3rd Ave.)
212 327-0582

Sasabune — $85
401 E. 73 d St. (bet. 1st & York Ave.)
212-249-6583

Sato — $30
1395 2nd Ave. (At 73rd St.)
212-737-1838

Shabu-Shabu 70 — $37
314 E. 70th St. (bet. 1st & 2nd Ave.)
212-861-5635

Sushi Generation — $25
1571 2nd Ave. (bet. 81st & 82nd St.)
212-249-2222

Sushi Hana — $30
1501 E. 2nd Ave. (at 78th St.)
212-327-0582

Sushi of Gari — $80
402 E. 78th St. (bet. 1st & York Ave.)
212-517-5340

Sushi Seki — $57
1143 First Ave. (bet. 62nd & 63rd St.)
212-371-0238

Sushi Suki — $20
1577 York Ave. (bet. 83rd & 84th St.)
212-249-3766

Tatami 72 — $25
1400 2nd Ave. (bet. 72nd & 73rd St.)
212-472-1700

Tenzan — $35
1714 2nd Ave. (at 90th St.)
212-369-3600

Teriyaki Boy — $7
1640 3rd Ave. (bet. 91st & 92nd St.)
212-987-7150

Takubai 86 — $25
314 E. 86th St. (bet. 1st & 2nd Ave.)
212-628-5334

TORI SHIN — $70

TORI SHIN's original specialty Yakitori Restaurant!! Refined Tokyo-style Yakitori is made only with organic chickens from USA. No smoke from the grill with excellent ventilation. Vegetarian dishes available. Tori Shin Course for $40, and Omakase Kaiseki for $65.
1193 1st Ave. (bet. 64th & 65th St.)
212-988-6408

Tatoya — $25
1144 1st Ave. (at 63rd St.)
212-753-0422

Tsuki Restaurant — $25
1410 First Ave. (bet. 74th & 75th St.)
212-517-8600

Wajima — $40
134 E. 61st St. (bet. Lex. & Park Ave.)
212-813-9065

Wasabi Lobby — $30
1644 2nd Ave. (at 87nd St.)
212-988-8082

YUKA Restaurant — $25
1557 2nd Ave. (bet. 80th & 81st St.)
212-772-9875

Yuko — $25
1531 York Ave. (at 81st St.)
212-988-5800

Midtown West

Aki Sushi — $30
336 W. 52nd St. (bet. 8th & 9th Ave.)
212-262-2988

Aoki — $30
234 W. 46th St. (bet. Broadway & 8th Ave.)
212-956-2356

Aquamarina — $30
713 2nd Ave. (bet. 38th & 39th St.)
212-297-1880

Asahi Japanese Restaurant — $20
311 W. 46th St. (bet. 8th & 9th Ave.)
212-307-5040

Midtown West **Bamboo 52**
344 W 52nd St. (bet. 8th Ave. & 9th Ave.) | 212-315-2777 | $18

Midtown West **Banhana**
47 W 56th St. (bet. 5th & 6th Ave.) | 212-581-0930 | $30

Midtown West **Blue Ribbon Sushi Bar & Grill**
308 W 58th St. (bet. 8th & 9th Ave.) | 212-397-0404 | $61

Midtown West **East 55**
253 W 55th St. (bet. Broadway & 8th Ave.) | 212-581 2240 | $20

Midtown West **Fuji**
236 W 56th St. (bet. Broadway & 8th Ave.) | 212-245-7137 | $25

Midtown West **Ga Sushi**
756 9th Ave. (at 51st St.) | 212-459-2288 | $20

Midtown West **GO! GO! CURRY!**

The triple crown winner of Japanese curry contest is the one and the only curry specialty restaurant. They are known for long lines of diners and now take advanced orders. Delivery is available in Midtown West and East for a limited time. Details on website.
273 W. 38th St. (bet. 7th & 8th Ave.) | 212 730-5555 | www.gogocurryusa.com | $8.5

Midtown West **Haru**
205 W 43rd St. (bet. Broadway & 8th Ave.) | 212-398-9810 | $35

Midtown West **Hayashi Ya**
857 9th Ave. (bet. 55th & 56th St.) | 212-258-2599 | $15

Midtown West **Iroha**
152 W 49th St. (bet. 6th & 7th Ave.) | 212-398-8049 | $20

Midtown West **Ise 56**
58 W 56th St. (bet. 5th & 6th Ave.) | 212-707-4702 | $20

Midtown West **Ishihana**
319 5th Ave. (at 32nd St.) | 212-686-0202 | $25

Midtown West **Kodama 45**
301 W 45th St. (bet. 8th & 9th Ave.) | 212-582-2065 | $20

Midtown West **Koi**
40 W 40th St. (5th & 6th Ave.) | 212-921-3330 | $60

Midtown West **Kyatofu**
705 9th Ave. (bet. 48th & 49th St.) | 212-974-6012 | $25

Midtown West **Menchanko-Tei**
43-45 W 55th St. (bet. 5th & 6th Ave.) | 212 247 1515 | $18

Midtown West **Menkui-Tei**
50 W 58th St. (bet. 5th & 6th Ave.) | 212-757 1642 | $20

Midtown West **Monster Sushi**
22 W 46th St. (bet. 5th & 6th Ave.) | 212-398-7707 | $30

Midtown West **Natsumi**
226 W 50th St. (bet. Broadway & 8th Ave.) | 212-258-2588 | $30

Midtown West **NOBU 57**
40 W 57th St. (bet. 5th & 6th Ave.) | 212-757 3000 | $100

Midtown West **Ocha**
350 W 46th St. (bet. 8th & 9th Ave.) | 212-581 3188 | $25

Midtown West **Omido**
1555 Broadway (bet 53rd 54rd St.) | 212-247-8110 | $45

Midtown West **Onigashima**
43-45 W 55th St. 2nd Fl. (5th & 6th Ave.) | 212-541-7145 | $30

Midtown West **Oyshi Sushi**
374 W 46th St. (at 9th Ave.) | 212-265-6686 | $12

Midtown West **Rio & You**
321 W 45th St. (bet. 8th & 9th Ave.) | 212-307-0717 | $25

Midtown West **Sake Bar Hagi**
152 W 49th St. (bet. 6th & 7th Ave.) | 212-764-8543 | $30

Midtown West **Sapporo**
152 W 49th St. (bet. 6th & 7th Ave.) | 212-765-8972 | $13

Midtown West **Shimizu**
316 W 51st St. (bet. 8th & 9th Ave.) | 212-581-1581 | $50

Midtown West **Soba Nippon**
15 W 52nd St. (bet. 5th & 6th Ave.) | 212 489-2525 | $30

Midtown West **Sugiyama**
251 W. 55th St. (bet. Broadway & 8th Ave.) | 212-956-0670 | $90

Midtown West **Sushi Dama Damo**
330 W 56th St. (bet. 8th & 9th Ave.) | 212-707-9609 | $60

Midtown West **Sushi of Gari 46**
347 W 46th St. (bet. 8th & 9th Ave.) | 212-957-0046 | $80

Midtown West **Sushidan**
123 W 49th St. (bet. 6th & 7th Ave.) | 212-398-2600 | $45

Midtown West **Sushiya**
21 W 56th St. (bet. 5th & 6th Ave.) | 212-247-5758 | $20

Midtown West **Tachigui Sobaya**
732 7th Ave. (bet. 48th & 49th St.) | 212-265-8181 | $8

Midtown West **Tanyahi Bay**
905 9th Ave. (bet. 57th & 58th St.) | 212 307 7202 | $7

Midtown West **Yakitori TOTTO**
251 W. 55th St. (bet. Broadway & 8th Ave.) | 212 245-4566 | $40

Midtown West **Yoshinoya**
255 W. 42nd St. (bet. 7th & 8th Ave.) | 212-703-9940 | $7

Midtown West **Yummy Sushi**
30 Rockfeller Plaza Concourse Level | $7

Midtown East

Midtown East **Aburiya Kinnosuke**
213 E. 45th St. (bet. 2nd & 3rd Ave.) | 212-867-5454 | $51

Midtown East **Amakusa**
143 E. 47th St. 2nd Fl. (bet. 3rd & lex Ave.) | 212-583-3189 | $20

Midtown East **Azusa**
3 E. 44th St. (bet. 5th & Madison Ave.) | 212-661-0001 | $25

Midtown East **Chiyoda Sushi**
18 E. 41st St. (bet. 5th & Mad ion Ave.) | 212 400-8880 | $11

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Midtown East **DONBURI-YA**
137 E 47th St (bet Lexington & 3rd Ave) $25
212-980-7909

Midtown East **E53 Teriyaki House**
220 E 53 d St. (bet. 2nd & 3rd Ave.) $20
212-888-4075

Midtown East **Go Sushi**
962 2nd Ave (at 52nd St) $25
212-593-3883

Midtown East **Gyu-Kaku**
805 3rd Ave 2nd Fl (at 50th St) $40
212-702-9816

Midtown East **Hakuhai**
The Kitano Hotel 66 Park Ave (at 38th St) $66
212-885-7111

Midtown East **Haru**
240 Park Ave (at 48th St) $35
212-430-3840

Midtown East **Hatsuhana**
17 E 48th St (bet 5th & Madison Ave) $50
212-355-3345

Midtown East **Hatsuhana Park**

Casual d n ng eaper ence with authentic end fresh sushi The combination of prem um seafood and r ce s sure to please your appetites A wide variety of appet zers a e popular among the Japanese patrons Enjoy a relax ng time with great food n e cozy atmosphere
237 Park Ave (at 46th St) $35
212-661 3400 www.hatsuhana com

Midtown East **Inagiku**
111 E 48th St (bet Pa k & Lex ngton Ave) $70
212-355-0440

Midtown East **Ise 49**
157 E 49th St (bet Lexington & 3rd Ave) $25
212-319-6676

Midtown East **Izakaya Anyoshi**

If you ere longing for authent c and ref ned Izakaya style Japanese food Anyoshi s the place to be Homey atmosphere is perfect to relax and enjoy over 100 k nds of home-style cook ng Fresh ngredients make for n vaned da ly menu Open until 4am
229 E 53rd St (bet 2nd & 3rd Ave) $25
212-319-3940

Midtown East **Izakaya Riki**
141 E 45th St (bet 3rd & Lex ngton Ave) $30
212-986-5404

Midtown East **Katsu-hama**
11 E 47th St (bet 5th & Mad son Ave) $18
212-758-5903

Midtown East **Kuruma Zushi**
7 E 47th St 2nd Fl (bet 5th & Madison Ave) $110
212-317-2802

Midtown East **Megu Midtown**
846 UN Plaza (1st Ave bet. 47th & 48th st) $125
212-964-7777

Midtown East **Menchanko-Tei**
131 E 45th St (bet Lexington & 3 d Ave) $14
212-986-4805

Midtown East **MOCO**

Check out Moco s amazing Happy Hour $25 for all you can eat sushi and add tional $5 for all your can drink Happy hour is f om 5pm-10pm (Mon-Sat) and f om 4pm 10p Sun) Hours are Mon. 5pm-11pm Tue & Wed. 5pm-1am Thu-Sat 5pm 2am Sun 4pm-10pm
516A 3rd Ave (bet 34th & 35th St) $30
212-685-3063

Midtown East **Nada-Sushi**
135 E 50th St (bet. Lex ngton & 3rd Ave.) $25
212-935-2537

Midtown East **Naniwa**
4 E. 46th St. (bet. 5th & Madison Ave.) $30
212-870-4045

Midtown East **Nippon**
155 E 52nd St (bet Lexington & 3rd Ave) $49
212-758-0228

Midtown East **Oms/b**
158 E 46th St (bet Lex ngton & 3rd Ave.) $9
212-922-9745

Midtown East **Restaurant SEO**
249 E 48th St (bet 2nd & 3rd Ave) $40
212-355-7722

Midtown East **Rinnga**
205 E45th St (bet. 2nd & 3rd Ave) $50
212-867-4200

Midtown East **SAKAGURA**

Largest sake ham in the world serv ng over 200 varieties of sake and seasonal da ly spec els Homemade soba and lunch set of soba & rice bowl are popula This amaz ng h deout situated on the basement level is perfect for couples Private part es ava lable
211 E 43rd St B1F (bet. 2nd & 3rd Ave.) $50
212 953 7253 www.sakagura.com

Midtown East **Shaburi**
125 E 39th St (bet. Lexington & Park Ave.) $30
212-867-8990

Midtown East **Shinbushi**
7 E 44th St.(bet. 5th & Madison Ave.) $35
212-213 1009

Midtown East **Shochu Bar Hatchan**
210 E 44th St.(bet.3rd & 2nd Ave.) $30
212-697-5075

Midtown East **Soba TOTTO**
211 E 43rd St 1st Fl (bet 2nd & 3rd Ave) $40
212-557-8200

Midtown East **Sushi ANN**
38 E. 51st St (bet. Park & Mad son Ave) $50
212-755-1780

Midtown East **Sushi Time**
921 2nd Ave (bet. 43rd & 44th St.) $20
212-953-9393

Midtown East **Sushi Zen**
108 W. 44th St (bet. 6th & 7th Ave.) $70
212-302-0707

Midtown East **Sushiden**
19 E. 49th St (bet. 5th & Madison Ave.) $45
212-758-2700

Midtown East **Takasushi**
1028 2nd Ave (bet. 54th & 55th St.) $35
212-355-3957

Midtown East **Taki Sushi**
40 W. 48th St (bet. 5th & 6th Ave.) $14
212-843-4568

Midtown East **Tokyo**
342 Lexington Ave (bet. 39th & 40th St) $50
212-697-4930

Midtown East **Tsushima**
141 E. 47th St (bet. Lex ngton & 3rd Ave) $40
212-207-4936

Midtown East **Udon West**
150 E 46th St (bet. Lex ngton & 3rd Ave) $10
212-922-4677

Midtown East **Washoku Tei**
1007 2nd Ave (bet. 53rd & 54th St) $30
212-223-6300

Midtown East **Yakiniku Izakaya Riki**

Serving authent c yakin ku d nner (Japanese BBQ) with several k nds of ref w ne sake and shochu in a remaint c semi-pr vate dining space A private back room accommoda es for large parties Open Monday to Saturday from 6pm unt l 4am
250 E 52nd St (bet. 2nd & 3rd Ave) $30
212-826-4255

Midtown East **Yakitori East**
210 E 44th St (bet 2nd & 3rd Ave) $20
212 697-5075

Midtown East **Torys**

The sister restaurant of Yak tori Totto Torys is the newest Yakitori spot in Midtown. Menu showcases every mag nificent part of ch cken f nelf essly seasoned and gr lled to perfection Torys also offers innovative dishes as well
248 E 52nd St 2Fl (bet. 2nd & 3rd Ave) $40
212-813-1800 www.torysnyc.com

Midtown East **YAMA Restaurant**
303 E 49th St (bet. 1st & 2nd Ave) $37
212 355 3370

Midtown East **Yummy Sushi**
875 3rd Ave Food Court Lowe Level $7
212 888-8801

Korea Town

Korea Town **Ichi Umi Restaurant**
6 E 32nd St (bet. Madison & 5th Ave) $25
212-725-1333

Korea Town **Toyama Sushi**
11 W 30th St (bet 5th and 6th Ave) $22
212 967-8541

Chelsea

Chelsea **Aki Sushi**
128 W 36th St (bet. Broadway & 7th Ave) $30
212-594-4051

Chelsea **Omm Sushi**
300 W 23rd St (bet. 7th & 8th Ave) $20
212-727-0588

Chelsea **ENNJU**
20 E 17th St (bet. 5th & B oadway) $10
646-336-7004

Chelsea **Iron Sushi**
440 3rd Ave (bet. 30th & 31st St) $29
212 447-5622

Chelsea **Izakaya Tan**
207 10th Ave (bet. 22nd & 23rd St) $25
212-627-7777

Chelsea **Matsuri**
369 W16 St (bet. 8th Ave) $30
212-243-6400

Chelsea **Momoya Chelsea**
105 7th Ave (at 21st St) $40
212-989-6468

Chelsea **Monster Sushi**
158 W 23rd St. (bet. 6th & 7th Ave) $30
212 620-9131

Chelsea **MORIMOTO**
88 10th Ave (bet 15th and 16th St) $90
212 989-8883

Chelsea **Naka Naka**
456 W 17th St (bet 9th & 10th Ave.) $50
212 929-8544

Chelsea **Ono**
Gansevoort Hotel 18 9th Ave (at 13th St.) $60
212-600-6766

Chelsea **Rock-n-Sake NY**
138 W 25th St (bet. 6th & 7th Ave) $30
212-255-9253

Chelsea **Tabaya**
144 W 19th St (bet. 6th & 7th Ave) $10
212 924 3335

Gramercy

Gramercy **15 EAST**
15 E. 15th St (Union Sq W & 5th Ave) $80
212-647-0015

Gramercy **Aji Sushi**
518 3rd Ave (bet. 34th & 35th St) $26
212-686-2055

Gramercy **Aki Sushi**
121 E 27th St (bet. Lex & Park Ave S.) $30
212 213-6688

Gramercy **BUTAI**
115 E 18th St (bet. Pa k Ave & Irving Pl) $38
212 387-8895

Gramercy **Choshi**
77 Irving Place (at 19th St) $20
212-420-1419

Gramercy **Hamachi**
34 E 20th St (bet. Broadway & Park Ave) $17
212 420-8500

Gramercy **Hane**
348 1st Ave (at 20th St) $30
212-533-8600

Gramercy **Haru**
220 Park Ave South (at 18th St) $35
646-428-0999

Gramercy **JAPONAIS**
111 E 18th St (bet. Irving Pl & Park Ave S) $65
212 260-2020

Gramercy **Kaiten Sushi East**
366 3rd Ave (bet. 26th & 27th St) $15
212-685-2326

Gramercy **Mishima**
164 Lexington Ave (bet. 30th & 31St St.) $25
212 532-9596

Gramercy **Momokawa**
157 E 23th St (bet. Lex ngton & 3rd Ave) $45
212-684 7830

Gramercy **SABURI**

It s the only restaurant n NY serving Wafu-chuka Japanese style Ch nese cuisine w th a healthy tw st A veteran owner chef who worked under the Iron Chef Ch nese creates new and refresh ng dishes. Enjoy Chinese cu sine like you ve never experienced before
19th Lex ngton Ave (bet 30th & 31st St) $25
212-481-7766 www.saburny.com

Gramercy **Sushi SAMBA**
245 Park Ave. South (bet. 19th & 20th St) $35
212-475-6377

Gramercy **Sushi San-nin**
30 E. 33rd St (bet. Mad son & Park Ave. S) $40
212-889-2208

Gramercy **Sushi Twist**
66 Madison Ave (bet. 27th & 28th St) $30
212 213-2299

Gramercy **Terakawa Ramen**
16 Lexington Ave (bet. 23 & 24th St) $12
212 777 2938

Gramercy **YAMA Restaurant**
122 E. 17th St. (at Irving Pl.) $20
212-475-0963

West Village

West Village **ahi on west 4**
A former chef for the Japanese ambassador to Jamaica cooks excellent Japanese cuisine influenced by Jamaican flavors. Menu emphasizes presentation, color and many dishes feature fruits. The intimate decor with 18 seats makes you feel at home
181 W. 4th St. (bet. 6th & 7th Ave.) $44
212-989-5440

West Village **Blue Ribbon Sushi**
97 Sullivan St. (bet. Prince & Spring St.) $51
212-343-0404

West Village **Cha Cha San**
A neighborhood restaurant perfect for a get together with friends and family. They offer thai inhinfused and bonsai beats cooking including many japanese and healthy dishes at affordable prices. Student discount available
15 West 8th St. (bet. 5th & 6th Ave.) $25
212-473-3333 www.chachosanrestaurant.com

West Village **Go Sushi**
3 Sheridan Ave. (at 6th Ave. & 8th St.) $20
212-366-9272

West Village **Hokota Tonton**
61 Grove St. (bet. 7th Ave. & Bleecker St.) $25
212-242-3636

West Village **Matsumi**
546 LaGuardia Pl. (bet. Bleecker & W 3rd St.) $30
212-979-7055

West Village **Miyabi**
121 W. 3rd St. (MacDougal St. & 6th Ave.) $20
212-677-2370

West Village **Miyagi**
220 W. 13th St. (bet. 7th & Greenwich Ave.) $20
212-620-3830

West Village **Nagomi**
179 Prince St. (Thompson & Sullivan St.) $35
212-387-8230

West Village **Rockmeishe**
11 Barrow St. (bet. W. 4th St. & Bleecker) $35
212-675-7775

West Village **Setagaya (Union Sq)**
90 University Pl. (bet. 11th & 12th St.) $13
212-223-1455

West Village **Soto**
357 Sixth Ave. (bet. W. 4th & Washington Pl.) $45
212-414-3088

West Village **Sushi Mambo**
256 Bleecker St. (Cornelia St. & Leroy St.) $18
212-675-5665

West Village **Tomoe Sushi**
172 Thompson St. (Bleecker & Houston) $30
212-777-9346

West Village **YAMA on Carmine St.**
38-40 Carmine St. (bet. Bleecker & Bedford) $37
212-989-3330

East Village

East Village **Ashiya**
157 1st Ave. (bet. 10th & 11th St.) $15
212-505-3348

East Village **Avenue A Asian World**
Avenue A Sushi and Main Thai Bistro are now Avenue A Asian World. Our versatile space offers fresh sushi in a funky ambiance with a large lounge displaying local artwork and true Thai food in a cozy atmosphere. Visit us for a party or a relaxing sit down dinner
103-105 Avenue A (bet. E. 6th & 7th St.) $20
212-982-8108 / 533-2928

East Village **BONO STREET**
6 Bond St. (bet. Broadway & Lafayette St.) $40
212-777-2500

East Village **Cha-An**
Serving a wide variety of tea from China, Japan and India as well as original sweets created by our pastry chef. Daily Special. Set for lunch or dinner goes well with wine or sake. Traditional tea ceremony in Seiki-do (tatami tea room) is available by reservation
230 E. 9th St. 2nd Fl. (bet. 2nd & 3rd Ave.) $20
212-228-8030 www.chaanteahouse.com

East Village **Chiyono**
329 E. 6th St. (bet. 1st & 2nd Ave.) $15
212-673-3884

East Village **Curry-Ya**
Your hunger will undoubtedly be satisfied at Curry-Ya. Gourmet Japanese Curry boasts amazingly rich and complex flavors and its intimate interior and atmosphere makes anyone feel comfortable dining alone or with friends. Lunch Set available from noon to 4 pm
214 E. 10th St. (bet. 1st & 2nd Ave.) $20
866-602-8778 www.nycurry-ya.com

East Village **GO Restaurant**
Serving lunch from Wed to Sun. lunch combo ($5.45) includes udon, salad and a choice of chirashi, unagu salmon, kara or tekka don. Bento box ($7.95) comes w a salmon teriyaki, hamburger steak or other entree. For a drink, saki & Sapporo beer combo's only $5
30 St. Marks Pl. (bet. 2nd & 3rd Ave.) $18
212-254-5510

East Village **Gyu-Kaku**
34 Cooper Sq. (bet. 5th & 6th St.) $40
212-475-2968

East Village **Hasaki**
210 E. 9th St. (bet. 2nd & 3rd Ave.) $35
212-473-3327

East Village **Haa Bar and Restaurant**
145 E. 13th St. (at 3rd Ave.) $30
212-982-1698

East Village **IPPUDO NY**
65 4th Ave. (bet. 9th & 10th St.) $20
212-388-0088

East Village **Ishikura**
97 1st Ave. (at 4th St.) $20
212-979-6646

East Village **Japonica**
100 University Pl. (at 12th St.) $40
212-243-7752

East Village **JEWEL BAKO**
239 E. 5th St. (bet. 2nd & 3rd Ave.) $45
212-979-1012

East Village **Kambi Ramen House**
351 E 14th St. (bet. 1st & 2nd Ave.) $15
212-228-1366

East Village **Kasadela**
147 E 11th St. (bet. Ave. B & C) $30
212-777-1582

ahi on west 4
4 course Prix Fixe for only $29.95
Now serving all night
181 W. 4th St. (bet. 6th & 7th Ave.)
212 989-5440
sun-thu. 6pm-10:45pm
fri+sat: 5pm-11:45pm
NOW OPEN 7 DAYS

Open Late!
Tue - Sat / 5:30 - 3:30am
Sun, Mon / 5:30 - 11pm
the Newest Yakitori Spot in Midtown
YAKITORI TORYS
43 E 52nd St New York, NY 10022
212-813-1800 | www.torysnyc.com

East Village **Kenka**
25 St. Marks Pl (bet. 2nd & 3rd Ave.)
212-254-6363 $25

East Village **Kyo Ya**
94 E. 7th St. (bet. 1st Ave. and Ave A)
212-982-4140 $35

East Village **LAN**
58 3rd Ave. (bet. 10th & 11th St.)
212-254-1318 $48

East Village **Mayfloer Sushi**
121 2nd Ave. (bet. 7th & St. Marks St.)
212-533-6148 $10

East Village **Mankuu-Tei**
69 Cooper Sq. (bet. 7th & St. Marks Pl.)
212-228-4152 $10

East Village **MINCA**
535 E. 5th St. (bet. Ave. A & B)
212-505-8001 $10

East Village **Natori**
58 St. Marks Pl. (bet. 1st & 2nd Ave.)
212-533-7711 $20

East Village **Noodle Cafe Zen**
31 St. Marks Pl (bet. 2nd & 3rd Ave.)
212-533-6855 $12

East Village **Non**
129 2nd Ave. (bet. 7th and St. Marks Pl)
212-677-4825 $20

East Village **OH! Taisho**
9 St. Marks Pl (bet. 2nd & 3rd Ave.)
212-673-1300 $25

East Village **Otafuku**
A tiny vendor-like joint Otafuku specializes in popular Japanese comfort food, Takoyaki octopus dough and Okonomi yaki pancakes as well as Tonyaki and Da Tuki mochi cakes filled with red bean paste. Our food will make you feel like you are in downtown Tokyo
238 E. 9th St. (bet. 2nd & 3rd Ave.)
212 375-2733 $6

East Village **Rai Rai Ken**
Have you ever seen the movie Tampopo? a Japanese cult movie about sizzling ramen noodle soup? Rai Rai Ken lets you experience the real Tokyo ramen! We SMSO. Don't forget our homemade gyoza too. We guarantee the most delightful experience
214 E. 10th St. (bet. 1st & 2nd Ave.)
212 477 7030 $15

East Village **Sake Bar Decibel**
240 E. 9th St. (bet. 2nd & 3rd Ave.)
212-979-2733 $40

East Village **Saka Bar Satsko**
202 E. 7th St. (bet. Ave. B & C)
212-614-0933 $25

East Village **Sapporo East**
19 E 1st Ave. (at 10th St.)
212 260-1330 $17

East Village **Setageye (St. Marks Pl.)**
34-A St. Marks Pl. (bet. 2nd & 3 d Ave.)
212 387 7958 $13

East Village **Setageye-E.Village**
141 1st Ave. (bet. St. Marks & 9th St.)
212-529-2740 $13

East Village **Shaka-Tatsu**
215 E. 10th St. (bet. 1st & 2nd Ave.)
212-477-2572 $30

East Village **Soba Koh**
Soba Koh offers 100% hand made soba noodles and our savory dipping sauces prepared with thick bonito flakes —a true rarity. Combinations of soba and donburi start at $11. $14.50 for lunch 5-Course Early Bird Special ($19.50) is served until 7pm
309 E. 5th St. (bet. 1st & 2nd Ave.)
212 254-2244 www.compasscompass.com/sobakoh $15

East Village **SOBAYA**
Making soba by hand daily from high quality buckwheat flour imported from Japan. All natural ingredients make soba a healthy meal. Try Lunch Box $15 with soba or udon side dishes and dessert. Daily special appetizers and sake select on available for dinner
229 E. 9th St. (bet. 2nd & 3rd Ave.)
212-533-6966 www.sobaya-nyc.com $20

East Village **Soaen Noodle**
309 E. 5th St. (bet. 1st & 2nd Ave.)
212-388-1195 $12

East Village **Soaen Restaurent**
28 E. 13th St. (bet. University Pl. & 5th Ave.)
212 627 7150 $20

East Village **Sushi Anyoshi**
Sushi Anyoshi's a hidden gem located near Union Square serving Japanese tapas & sushi. The menu includes authentic Japanese dishes as well as innovative dishes with a large selection of appetizers. A bar counter and a wide variety of sake available
810 Broadway (bet. 11th &12th St.)
212 358 1994 $30

East Village **Sushi Lounge**
182 St. Marks Pl (bet. 1st Ave & Ave A)
212-598 1188 $12

East Village **Takahachi**
95 Ave. A (bet. 5th & 6th St.)
212-505-6524 $20

East Village **Teriyaki Boy**
211 E. 10th St. (bet. 1st & 2nd Ave.)
212-677-8056 $7

East Village **Typhoon**
78 St. Marks Pl (bet. 1st & 2nd Ave.)
212-375-2580 $15

East Village **Udon West**
11 St. Marks Pl (bet. 2nd & 3rd Ave.) $20

East Village **Umeota**
Umeota is a Japanese comfort food restaurant in East Village with over 50 kinds of sake and shochu. All authentic Japanese homestyle dishes are prepared by the owner/chef. Try Goto Udon (udon noodles from Goto Islands of Japan). Now serving shochu desserts
85 E. 3rd St. (bet. 1st & 2nd Ave)
646-654-1122 www.downtownumeota.com $20

East Village **Ushiwakamaru**
136 W. Houston St. (MacDougal & Sullivan)
212 228-4181 $80

East Village **Village Yokocho**
8 Stuyvesant St. 2Fl (bet. 9th St. & 3rd Ave.)
212 598 3041 $20

East Village **Yakiniku West**
218 E. 9th St. (bet. 2nd & 3rd Ave.)
212-979-9238 $25

East Village **Yakitori Taisho**
9 St. Marks Pl (bet. 2nd & 3rd Ave.)
212 228-5066 $20

East Village **Yoshi Sushi**
131 Avenue A (bet. 7th St & St Marks Pl)
212-420-5909 $18

Lower Manhattan

Lower Mhn **Azaba Sushi**
42 Greenwich (basement Greenwich Grill)
212-274-0428 $50

Lower Mhn **Cube 63**
63 Clinton St. (bet. Stanton & Rivington)
212-228-6751 $21

Lower Mhn **EN Japanese Brasserie**
435 Hudson St. (at Leroy St.)
212-647-9196 $40

Lower Mhn **Greenwich Grill**
42 Greenwich St (bet. Vesty & Laight St.)
212-274-0428 $50

Lower Mhn **Hiroko's Place**
75 Thompson St (bet. Spring & Broome Sts.)
212-925-1303 $15

Lower Mhn **Ise Downtown**
50 Pine St. (bet. William & Pearl Sts.)
212 785-1600 $38

Lower Mhn **Kaijou**
21 South End Ave. (at W. Thames St.)
212 786-9866 $25

Lower Mhn **Kitchen Club**
30 Prince St. (at Mott St.)
212 274-0026 $35

Lower Mhn **Matsugen**
241 Church St. (at Leonard St.)
212-625-0202 $44

Lower Mhn **MEGU**
62 Thomas St. (Church & W. Broadway)
212 964-7777 $125

Lower Mhn **Mottsu**
295 Mott St. (bet. E. Houston & Prince St.)
212-343-8017 $25

Lower Mhn **NINJA**
25 Hudson St. (bet. Duane & Reade St.)
212-274-1500 $35

Lower Mhn **NOBU**
105 Hudson St. (at Franklin St.)
212 219-0500 $100

Lower Mhn **NOBU NEXT DOOR**
105 Hudson St. (Franklin & N. Moore St.)
212-334-4445 $75

Lower Mhn **Omen**
113 Thompson St. (bet. Prince & Spring Sts.)
212 925-8923 $30

Lower Mhn **Quickly Shaku Shaba**
237 Grand St. (Bowery and Chrystie St.)
212-431-0858 $13

Lower Mhn **Rasanjin**
141 Duane St. (bet. Church & W. Broadway)
212 346-7388 $80

Lower Mhn **Sechiko's on Clinton**
High-end yet affordable "authentic-creative" Japanese sushi/sake restaurant in the heart of LES with tranquil garden for outdoor dining. Perfect for private parties, business meetings, birthday parties and holiday events. Delivery and catering services available
25 Clinton St (bet. E. Houston & Stanton St.)
212-253-2900 www.sechilesonclinton.com $33

Lower Mhn **Soaen Restaurent**
210 Fifth Ave. (at Prince St.)
212-807-7421 $20

Lower Mhn **Soy**
102 Suffolk St. (bet. Delancy & Rivington)
212-253-1158 $14

Lower Mhn **Suteishi**
24 Peck Slip (bet. Water & Front St.)
212-766-2344 $20

Lower Mhn **Tokeshechi Tribeca**
145 Duane St. (Church & W. Broadway)
212-571 1330 $20

Lower Mhn **Tokyo Bar**
277 Church St. (bet. White & Franklin)
212-966-2787 $25

Lower Mhn **Tokyo Lunch**
10 John St. (bet. Nassau St. & Broadway)
212-608-1394 $10

Lower Mhn **Yoshi Restaurant**
201 E. Houston St. (Orchard & Ludlow)
212-539-0225 $18

Lower Mhn **Yushi**
250 Vesey St. (4 World Financial Center)
212-945-3095 $12

Lower Mhn **Zutto**
77 Hudson St. (bet. Jay & Harrison St.)
212 233-3287 $20

Brooklyn

Brooklyn **Blue Ribbon Sushi**
278 5th Ave. (bet. 1st St. & Garfield Pl.)
718-840-0406 $55

Brooklyn **Bozu**
Japanese fusion tapas restaurant offering homemade infused Japanese sprits and more than 20 varieties of sake. Try our famous sushi bombs which are decorated round sushi. A huge heated pation available. 5pm-12am (Mon-Thu) 5pm-1am (Fri. & Sat)
296 Grand St (bet. Havermeyer & Roebling)
718-384-7770 www.bozu.com $30

Brooklyn **Cabe 63**
234 Court St. (at Baltic St.)
718-243-2209 $20

Brooklyn **Geido**
337 Flatbush Ave. (nr. Flatbush Ave.)
718-638-8885 $20

Brooklyn **Hibino**
333 Henry St. (Grand & Montgomery St.)
718-260-8052 $20

Brooklyn **Iron Chef House**
92 Clark St. (bet. Henry St. & Monroe Pl.)
718-858-8617 $15

Brooklyn **Kappa Saka House**
388 5th Ave. (bet. 6th & 7th Ave.)
718-832 2970 $30

Brooklyn **Ki Sushi**
122 Smith St. (bet. Dean & Pacific St.)
718-935-0575 $30

Brooklyn **Mizu**
192 Bedford Ave. (bet. 6th St & 7th St.)
718-782-8696 $20

Brooklyn **Osoko**
272 Court St. (bet. Butler & Douglass St.)
718-643-0044 $30

Brooklyn **qoo Roheta Bar**

A robata-zayeka joint has just opened in the chic neighborhood of Williamsburg. It offers yakitori sushi Nizamabushi and as well as sake and shochu and its spacious interior makes you feel like you are in old Japan. Sun-Thu 6pm-12am Fri & Sat 6pm-1am

357 Metropolitan Ave (at Havemeyer St) $35
718-304-8493

Brooklyn **Sapporo Haru Japanese**

522 Manhattan Ave (bet. Driggs Ave & Nassau Ave) $16
718-349-9721

Brooklyn **Supercore**

305 Bedford Ave (bet. S 1st & S 2nd St.) $20
718-802-1629

Brooklyn **Tamari Restaurant**

201 Fifth Ave (bet Union & Berkeley) $20
718-230-5639

Brooklyn **Tara Sushi**

446 Ocean St. (bet. 5th Ave & Flatbush Ave) $20
718-398-0772

Brooklyn **Tenzaa**

7116 18th Ave (at 71st St.) $30
718-621-8238

Brooklyn **Yamato**

178 7th Ave (bet. Garfield & 1st St.) $18
718-840-0099

Brooklyn **Zenhichi**

77 N. 6th St (bet. Wythe Ave & Berry St.) $60
718-388-8385

Brooklyn **ZuZu Kamea**

179 4th Ave (at Degraw St.) $20
718-398-9898

Queens

Queens **AKIYOSHI**

41-13 Queens Blvd (bet. 41st & 42nd St.) $16
718-937-9288

Queens **go wasabi**

34-02 30th Ave (at 34th St.) $23
718-204-7354

Queens **KATSUNO**

103-01 Metropolitan Ave (at 71st Rd.) $35
718-575-4033

Queens **Kyoto Sushi**

153 11 Union Tpk (at 153rd St.) $25
718-380-7777

Queens **Momiji Restaurant**

Our family style menu offers creative sushi rolls, authentic teriyaki dishes and Japanese tapas dishes like yaki tori and gyoza, perfect for drinks over dinner. Free sake for dine-in customers on every Monday and Sunday.

37-04 Ditmars Blvd, Astoria, NY 11105 $20
718-529-0588

Queens **Shiro of Japan Atlas Pk**

80-40 Cooper Ave (at 80th St.) $20
718-326-8704

Queens **SUSHI ISLAND**

57-16 Queens Blvd, Elmhurst, NY 11373 $20
718-803-9333

Upstate

Upstate **Hojime**

267 Halstead Ave, Harrison, NY 10528 $30
914-777-1543

Upstate **Kiko House**

11021 E Washington Ave, Pearl River, NY 845-735-8885 $25

Upstate **Momiji**

261 Halstead Ave, Harrison, NY 10528 $20
914-835-1078

Upstate **Nanase**

522 Mamaroneck Ave, White Plains, NY 10605 $50
914-285-5351

Upstate **Nishi**

473 Ashford Ave, Ardsley, NY 10502 $20
914-693-2500

Upstate **Node**

200 Hamilton Ave, White Plains, NY 10601 $25
914-949-0090

Upstate **Sakura**

66 Garth Rd, Scarsdale, NY 10583 $20
914-723-7767

Upstate **Tanto**

535 White Plains Rd, Scarsdale, NY 10583 $10
914-725-9100

Upstate **Tsuru**

253 N Central Ave, Hartsdale, NY 10530 $30
914-761-0057

Long Island

Long Island **Akari**

2063 Merrick Rd, Merrick, NY 11566 $20
516-379-9888

Long Island **Boahori**

14 Elm St, Huntington, NY 11743 $40
631-673-0400

Long Island **Inatome Steak House**

6 5th St, Valley Stream, NY 11581 $28
516-872-0419

Long Island **Isono**

214 Jericho Tpk, Floral Park, NY 11001 $25
516-437-4552

Long Island **Kobaa Restaurant**

2016 Merrick Rd, Merrick, NY 11566 $30
516-223-9200

Long Island **Koisa**

540 Westbury Ave, Carle Place, NY 11514 $28
516-333-3434

Long Island **KuraBara**

478 New York Ave, Huntington, NY 11743 $30
631-673-0060

Long Island **Kurofune**

77 Commack Rd, Commack, NY 11725 $22
631-499-1075

Long Island **Mumon Japanese Restaurant**

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1300 Franklin Ave, Garden City, NY 11530 $35
516-747-3388 www.mumonrestaurant.com

Long Island **Nagashima**

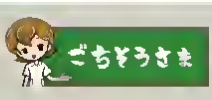
12 A 1 Jericho Tpk, Jericho, NY 11753 $25
516-338-0022

Long Island **Sapporo**

3268 Merrick Rd, Wantagh, NY 11793 $35
516-785-3853

Long Island **Saa Restaurant**

23 Main Street, Sag Harbor, NY 11963 $40
631-725-1774



"GOCHISOU-SAMA DESHITA"

[meaning] Thank you, I ate enough.

[usage] This is the phrase Japanese say after every meal expressing appreciation for the food you've just had. Gochisou literally means "a feast." So, gochisou-sama deshita" implies "I had a great meal."

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516-877-4770

Long Island **SUSHI ICHI**
700 N Country Rd Setauket, NY 11733 $25
631-689-3111

Long Island **TAIKO Restaurant**
15 S Village Ave Rockville Centre NY $20
516-678-6145

Long Island **Taka Sashi**
821 Ca-men Ave Westbury NY 11590 $20
516-876-0033

Long Island **Take Sushi**
1035 Broadway Woodmere, NY 11598 $20
516-569-9101

Long Island **Tenge**
196 Jericho Tpk Floral Park, NY 11001 $20
516-352 1116

Long Island **Restaurant Yamaguchi**

Since 1989 serving the locals authentic Japanese home cooking and fresh sushi You will apprec ate the authenticity and generous portions Aside from the regular menu daily lunch specials and the Chef Special a e popular among the local patrons
163 Main St Port Washington NY 11050 $25
516-883-3500

Long Island **Yuki's Pelette**
611 Old Country Rd Westbury NY 11590 $25
516-334-5009

Long Island **Yukis Palette Too**
151 Merrick Ave Merrick NY 11566 $25
516-867 8736

New Jersey

New Jersey **Aphei Princeton**
11 Chambers St. Princeton NJ 08542 $20
609-252 1158

New Jersey **Akei Suski Lounge**
11 N Dean St Englewood NJ 07631 $18
201-541-0013

New Jersey **Aoyama**
1982 Washington Valley Rd Martinsville, NJ $35
732 271 2556

New Jersey **Asahi Japanese**
1475 Bergen Blvd Fort Lee NJ 07024 $17
201-944-5113

New Jersey **Higo Batten**
2021 Center Ave #J & K Fort Lee 07024 $18
201-461-5465

New Jersey **Ichi Umi Restaurant**
352 Menlo Park, Edison NJ 08837 $25
732-906-2370

New Jersey **Izekeye Don**
671 Palisade Ave Cliffside Park NJ 07010 $25
201-941-8400

New Jersey **KIKU**
366 Rt. 17 South Paramus, NJ 07652 $45
201-265-7200

New Jersey **Komegashi**
103 Montgomery St Jersey City NJ 07302 $25
201-433-4567

New Jersey **Loanga Zen**
254 Degraw Ave Teaneck, NJ 07666 $30
201-692 8585

New Jersey **Masa Sushi & Grill**
81 W Allendale Ave Allendale NJ 0740 $30
201 934-8516

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New Jersey **Sentohke (Mitsuwa)**
595 River Rd Edgewater NJ 07020 $10
201-941-4004

New Jersey **Senuki Sende (Mitsuwa)**
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201-941-9113

New Jersey **Shina**
436 Andersen Ave., Cliffside Park NJ 07010 $40
201-941-6333

New Jersey **Tomo's Cuisine**
113 Rt. 23 S. Little Falls NJ 07424 $20
973-837-4117

Connecticut

Connecticut **Abis**
361 Greenwich Ave Greenwich CT 06830 $25
203-862 5100

Connecticut **Fuji Garden Steak House**
215 Liberty St. Pawcatuck, CT 06379 $30
860-599-1155

Connecticut **Kazu**
84 N Main St. Norwalk, CT 06854 $25
203-866-7452

Connecticut **KU**
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2167 Broadway (at 76th St.) Cream Puffs
212-799-3770

Midtown West **Cafe Zarya Midtown W**
1073 5th Ave (bet 84th & 41St) Bakery
212 764-6765

Midtown West **Maamoto Kitchoan**
808 E 9th Ave (49th St bet 5th & 9th) Confec-tionery
212-489-3747

Midtown East **Cafe Zarya Midtown E.**
16 E 41 St (bet 5th & Madison Ave) Bakery
212 779-0800

Midtown East **Wesheku Cafe**
9 E 37th St (bet 5th & Madison Ave) Sushi / Hot deli
212-686-2233

West Village **Beard Papa's W. Village**
1 Corn ne St (bet 8th Ave & Bleecker St) Cream Puffs
212-989-8855

East Village **Beard Papa's Astor Pl.**
740 Broadway (bet Astor & Waverly Pl) Cream Puffs
212-353-8898

East Village **Cafe Zarya East Village**
68 Cooper Sq (at St Marks St.) Bakery
212 253-3700

East Village **Chikalicinus**
209 E 10th St (bet. 1st & 2nd Ave) Dessert Car
212-995-9511

Lower Mhn **Dessert Cafe LUXEE**

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1 Ch nton St (bet. E Houston & Stanton St.) Dessert Cafe
212-375-1796 www.luxeenyc.com

Lower Mhn **Rhaoa Cafe**
163 Spring St (Sullivan & Thompson St.) Cafe
212-966-7040

New Jersey **Minemoto Kitchoan**
595 River Rd Edgewater NJ Confec-tionery
201-313-9335

New Jersey **Parisienne**
250 Main St. Fort Lee NJ 07024 Bakery
201-592-8878

KARAOKE

Upper East **Box Snack Riki**
141 E 45th St 2Fbet Lex & 3rd Ave) $10/h
212-986-5612 $30 m nim

Upper East **Iggy's**
1452 2nd Ave (bet 75th & 76th St.) No charge
212-327-3043

Midtown West **Japas 55**
253 W 55th St (bet Broadway & 8th Ave.) 8/h
212 765-1210 /person

Midtown East **Japas 27**
306 3rd Ave (bet 26th & 27th St.) $6/h
212-685-2329 /person

Midtown East **Japas 38**
9 E 38th St (bet 5th & Madison Ave) $8/h
212-679-4040 /person

Midtown East **Karecke Duet 48**
204 E 48th St (bet 1st & 2nd Ave) $4/h
212 753-0030 /person

Midtown East **Karaoke Top Tunes**
303-305 E 53rd St.(bet 1st & 2nd Ave) $12/hr
212 758-3816

Korea Town **Chorus Karaoke**
25 W 32nd St 3FL (bet Broadway & 5th Ave.) $12/song
212-967-2244 $40/room

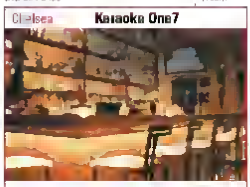
Korea Town **Gogopa Karaoke**
25 W 32nd St [Broadway & 5th Ave.] $7/h
212-967-5353 /person

Korea Town **Grammy Keraoke**
23 W 32nd St (bet Broadway & 5th Ave.) $5/hr
212-629-7171 /person

Korea Town **rSop Karaoke**
25 W 35th St 3rd Fl (bet 5th and 6th Ave.) $8/h
646-752-4895

Korea Town **Karaoke Duet 35**
53 W 35th St 2nd Fl (bet 5th & 6th Ave.) $4/h
646-473-0826 /person

Korea Town **MK**
11 W 32nd St 5th Fl (Broadway & 5th Ave.) $40/h
212-564-3436 /room

Chelsea **Karaoke One7**

We offer the city's largest song select on of over 60,000 in 13 different languages and new songs are added monthly Sing at the bar for $2 per song or sing in a private room for $8/h per person A variety of drinks available from the bar Drinks are half price during Happy Hour (2pm-7pm) Large party rooms available Call for reservation Open 7 days from 2pm to 4am (except Mon from 5pm) *May close early on weekdays w/o notice
29 W 17th St (bet 5th & 6th Ave.) $2/song
212-675-3527 www.karaoke17.com

West Village **Karaoke Cave**
9 East 13th St (bet 5th Ave & Un versity Pl.) m n $45
646-250-5670 /room

East Village **Planet Rose**
219 Avenue A (bet 13th & 14th St.) $2/song
212-353-9500

East Village **Second on Second Keraoke**
27 2nd Ave (at 1st St.) $30/h
212-473-2322 /room

East Village **Sing Sing (Ave A)**
SING-SING KARAOKE AVENUE A
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61 Avenue A (bet 5th & 6th St.) $7/h per person
212-674-0700 www.karaokesingsing.com

East Village **Sing Sing (St. Marks)**
SING-SING KARAOKE ST MARKS
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9 St. Marks Pl 2nd Fl (bet 2nd & 3rd Ave.) $7/h per person
212-387 7900 www.karaokesingsing.com

Lower Mhn **Asia Roma Bar & Lounge**
40 Mulberry St (at Worth St.) No charge
212-965-1133

Lower Mhn **Biny Karecke Bar**
8 Thompson St 2Fl (bet 6th Ave & Canal St.) $30/h
212-334-5490 /box

Lower Mhn **Mott Karecke Lounge**
43 Mott St (bet Bayard St & Pell St.) m n $30
212-693-0004 /room

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Other Asian Restaurant Guide

$35 Average price for a dinner entree and a drink (take or wine)

Sushi Bar Available
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M T W Day Close
Delivery
Th F Sa Su
Family Dining
Romantic Dining
Local Favorite
Vegetarian Friendly
Business Dinner

CHINESE

Ivy's Cafe — Upper West
154 W. 72nd St. (b'way & Columbus Ave.) $23
212-787-8333

Ollie's — Upper West
1991 Broadway (bet. 67th & 68th St.) $15
212-595-8161

Ollie's — Upper West
2957 Broadway (at 116th St.) $15
212-932-3300

Shun Lee West — Upper West
43 W. 65 St. (Columbus & Central Pk W.) $52
212-595-8895

Cafe Evergreen — Upper East
1285 1st Ave. (bet. 69th & 70th St.) $30
212-744-3266

Chef Hao — Upper East
1720 2nd Ave. (bet. 89th & 90th St.) $25
212-348-9444

Hunan Balcony — Upper East
1650 3rd Ave. (bet. 92nd & 93rd St.) $18
212-517-2088

Lilis Noodle & Grill — Upper East
1500 3rd Ave. (bet. 84th & 85th St.) $22
212-535-1313

Our Place Cuisines — Upper East
1444 3rd Ave. (bet. 81st & 82nd St.) $20
212-249-4888

Philippe — Upper East
33 E. 60th St. (bet. Madison & Park Ave.) $40
212-644-8885

Phoenix Garden — Upper East
242 E. 40th St. (bet. 2nd & 3rd Ave.) $20
212-953-6886

Pig Heaven — Upper East
1540 2nd Ave. (bet. 80th & 81st St.) $15
212-744-4333

Shanghai Pavilion — Upper East
1378 3rd Ave. (bet. 78th & 79th St.) $37
212-585-3388

Wu Liang Ye — Upper East
215 E. 86th St. (bet. 2nd & 3rd Ave.) $23
212-534-8899

China Grill — Midtown West
Cafe Side, 60 W. 53rd St. (bet. 5th & 6th Ave.) $40
212-333-7788

Joe's Shanghai — Midtown West
24 W. 56th St. (bet. 5th & 6th Ave.) $20
212-333-3868

Ollie's — Midtown West
200 W. 44th St. (bet. 7th and 8th Ave.) $15
212-921-5895

Ruby Foo's Times Sq — Midtown West
1626 Broadway (bet. 49th & 50th St.) $30
212-489-5600

Tangs Pavilion — Midtown West
65 W. 55th St. (bet. 5th & 6th Ave.) $20
212-956-7888

Wu Liang Ye — Midtown West
36 W. 40th St. (bet. 5th & 6th Ave.) $25
212-398-2308

Chiam Chinese Cuisine — Midtown East
160 E. 48th St. (bet. Lexington & 3rd Ave.) $40
212-371-2323

Chin Chin — Midtown East
216 E. 49th St. (bet. 2nd & 3rd Ave.) $45
212-888-4555

Dynasty Suay — Midtown East
511 Lexington Ave. (at 48th St.) $35
212-355-1200

Evergreen — Midtown East
10 E. 36th St. (bet. 5th & Madison Ave.) $23
212-448-1155

Grand Sichuan — Midtown East
1049 2nd Ave. (bet. 55th & 56th St.) $20
212-355-5955

Mao Noodle Shop — Midtown East
322 2nd Ave. (at 49th St.) $15
212-888-0027

MR K's — Midtown East
570 Lexington Ave. (at 51st St.) $50
212-583-1888

Our Place Shanghai — Midtown East
141 E. 55th St. (bet. Lexington & 3rd Ave.) $25
212-753-3900

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Shun Lee Palace — Midtown East
155 E. 55th St. (bet. Lexington & 3rd Ave.) $35
212-371-8844

Tse Yang Restaurant — Midtown East
34 E. 51st St. (bet. Park & Madison Ave.) $40
212-888-5447

Grand Sichuan — Murray Hill
227 Lexington Ave. (bet. 33rd & 34th St.) $25
212-679-3770

Grand Sichuan — Murray Hill
229 9th Ave. (at 24th St.) $20
212-620-5200

Rickshaw Dumpling — Chelsea
61 W. 23rd St. (bet. 5th & 6th Ave.) $20
212-924-5220

Chinatown Brasserie — West Village
380 Lafayette St. (at Great Jones St.) $30
212-533-7000

Empire Szechuan — West Village
173 7th Ave. S. (at Perry St.) $15
212-243-6046

Shanghai Square — West Village
9 E. 13th St. (bet. 5th Ave. & University Pl.) $20
646-486-7313

Dumpling Man — East Village
100 St. Marks Pl. (bet. 1st & Ave. A) $11
212-505-2121

Amazing 66 — Lower Mhn
66 Mott St. (bet. Bayard & Canal St.) $23

Au Mandarin — Lower Mhn
200-250 Vesey St. (at West St.) $20
212-385-0313

Big Wong — Lower Mhn
67 Mott St. (bet. Bayard & Canal St.) $13
212-964-0540

China Chalet — Lower Mhn
47 Broadway (Exchange Pl. & Morris St.) $25
212-943-4380

Congee Village — Lower Mhn
100 Allen St. (bet. Broom & Delancy St.) $16
212-941-1111

Dim Sum Go Go — Lower Mhn
5 E. Broadway (bet. Catherine & Oliver St.) $15
212-732-0797

Excellent Dumpling — Lower Mhn
111 Lafayette St. (Canal & Walker St.) $15
212-219-0212

Golden Unicorn — Lower Mhn
18 E. Broadway (Division & Catherine St.) $15
212-941-0911

Jing Fong — Lower Mhn
20 Elizabeth St. (bet. Bayard & Canal St.) $20
212-964-5256

Joe's Ginger — Lower Mhn
25 Pell St. (at Doyers St.) $15
212-285-0333

Joe's Shanghai — Lower Mhn
9 Pell St. (bet. Bowery & Mott St.) $15
212-233-8888

Lin's Dumpling House — Lower Mhn
28 Bowery (at Bayard St.) $10
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Mandarin Court — Lower Mhn
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212-608-3838

Mr Tang — Lower Mhn
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205 Smith St. (bet. Baltic & Butler St.) $15
718-694-2277

East Manor — Queens
46-45 Kissena Blvd. (at Laburnum Ave.) $15
718-888-8999

Sweet-n-Tart — Queens
136-11 38th Ave. (at Main St.) $15
718-961-3380

KOREAN

Korea Palace — Midtown East
127 E. 54th St. (bet. Park & Lexington Ave.) $30
212-832-2350

Cho Dang Gol — Korea Town
55 W. 35th St. (bet. 5th & 6th Ave.) $30
212-695-0222

Dons Bogam — Korea Town
17 E. 32nd St. (bet. 5th & Madison Ave.) $20
212-683-2200

Franchia — Korea Town
12 Fifth Ave. (bet. 34th & 35th St.) $20
212-213-1001

Gam Mee Ok — Korea Town
43 W. 32nd St. (bet. 5th Ave. & Broadway) $25
212-695-4113

HAN BAT — Korea Town
53 W. 35th St. (bet. 5th & 6th Ave.) $15
212-629-5586

HANGAWI — Korea Town
12 E. 32nd St. (bet. 5th & Madison Ave.) $40
212-213-0077

Hyo Dong Gak — Korea Town
51 W. 35th St. (bet. 5th & 6th Ave.) $15
212-695-7167

Kang Suh — Korea Town
1250 Broadway (at 32nd St.) $28
212-564-6845

Komtang House — Korea Town
32 W. 32nd St. (bet. 5th Ave. & Broadway) $15
212-947-8482

Kum Gang San — Korea Town
49 W. 32nd St. (bet. 5th Ave. & Broadway) $20
212-967-4909

Kunjip Restaurant — Korea Town
9 W. 32nd St. (bet. 5th Ave. & Broadway) $15
212-216-8497

Seoul Garden — Korea Town
34 W. 32nd St. (bet. 5th Ave. & Broadway) $15
212-736-9002

Shilla — Korea Town
37 W. 32nd St. (bet. 5th Ave. & Broadway) $25
212-967-1880

Woo Chon — Korea Town
10 W. 36th St. (bet. 5th & 6th Ave.) $20
212-695-0676

Do Hwa — West Village
5 E. Clarmine St. (at Bedford St.) $30
212-414-1224

Bibim-Bar — East Village
141 1st Ave. (bet. St Marks & 9th St.) $15
212-529-2746

Bon Jon — East Village
107 1st Ave. (bet. 6th & 7th St.) $20
212-505-7974

Dok Suni's — East Village
11a 1st Ave. (bet. 7th St & St. Marks Pl.) $15
212-477-9506

Persimmon Kimchi House — East Village
277 E. 10th St. (bet. 1st & Ave. A) $37
212-260-8080

Kori — Lower Mhn
253 Church St. (bet. Leonard & Franklin St.) $20
212-334-0908

Li Hua — Lower Mhn
171 Grand St. (bet. Centre & Baxter St.) $20
212-343-0090

Woo Lae Dak — Lower Mhn
148 Mercer St. (bet. E. Houston & Prince St.) $50
212-925-8200

Dukebi — Brooklyn
199 Grand St. (bet. Bedford and Driggs Ave.) $20
718-782-1424

Kalbi House — Upstate
291 Central Ave. (White Plains, NY 10606) $25
914-328-0251

CHOPSTICK'S PICK

CHINA 1 ANTIQUE LOUNGE

The Most Chic Chinese Restaurant in Town

If you are a fan of the nightlife, and in search of a place that serves something a little more sophisticated and exciting than your typical bar food, **China 1 Antique Lounge** in the East Village is the place for you. Although the venue had been known for its great Chinese antique decor and the fabulous events downstairs for some years, after welcoming Executive Chef, Mr. Cheung last fall, who's cooked for high-end restaurants like Nobu and Vong, it has transformed into a place for serious eats, too.

Here at China 1, everything from the bao buns to oyster sauce is made from scratch by this young, innovative chef who provides modern day Cantonese and Shanghainese cuisine. Even the noodles are hand pulled by the chef himself. In fact, he has recently appeared on the Martha Stewart show doing just that. Although everything on the menu has its own uniqueness, the methods of cooking adhere to the ancient, traditional Chinese way, a dying art and heritage Mr. Cheung is dedicated to preserving with his own modern touch. Chef Cheung's take on the traditional Chinese cuisine like Dim Sum and Peking Duck as well as Chinese delicacies like Yellow Flower Fish is claimed to be one of the best in the city.

The restaurant also features some talented mixologists at night, who come up with interesting concoctions such as Chinatown Beauty made with gin, fresh crushed grapes, lemon juice and thyme, that fits right into the modern Chinese theme, a must have if you want to get the most out of the whole experience.

Assortment of Dim Sum including Chef's famous Foie Gras Filled Sot Bao Bun, Shenjamen Chicken Dumpling, Slow Braised Short Rib Filled Crispy Gold Coin, Shanghai Crispy Shrimp and Chicken Spring Roll, plus Chef's famous hand-pulled noodles.

China 1 Antique Lounge
240 E. 4th St.
(bet. Avenues A & B)
New York, NY 10009
Wed-Sun 6pm-11:30pm
Bar is open until 2am on weekdays and 4am on weekends.

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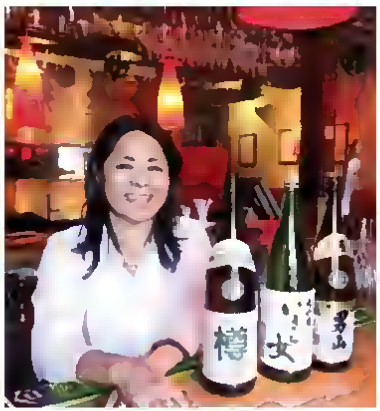
CONVERSATION WITH SAKE SOMMELIER

SAKE: NOW A PART OF AMERICAN CULTURE

Satsko *and* ***Sake Bar Satsko*** *, the brainchild of Ms. Satsko Watanabe's, was one of the earlier places one could call a "sake bar" to appear in the city, one of the first places the sake bomb frenzy erupted, and is where today's young, hip sake enthusiasts gather. In many ways the venue has been a pioneer in bringing sake to the attention of young adults in the East village, and the Lower East Side at her two locations where her sake tasting events draws a crowd of eager, young sake fans each week. She tells us those that have been with her from the beginning are now connoisseurs.*



▲ *Satsko's signature cocktail, Saketini, is made with sake, lychee juice, pomegranate juice and lychee fruit. Subtle sweetness from lychee juice makes amazing balance with dry sake.*

◀ *Ms. Watanabe is a computer engineer turned bar owner, whom you will often find having a blast along with her customers in one of her two bars. Her passion for food inspires her to be creative with her menu. Her customer's favorites include Asian Guacamole, Tuna Soyroll, and Asian Chicken.*

How did you get your start in the business of sake?

I've always loved sake, and food. It was my passion. But I didn't take a plunge into this restaurant/bar world until recently because I knew it was a risky business and I had my daughter to support. Now that she is grown, I was free to take some risks. I'm glad I did because the first Satsko on 7th street was an instant hit. Back then, about six years ago there weren't too many places that were actually "sake bars", and it was the time sake was just starting to gain a lot of attention here in the US. I was lucky that the timing was right.

What are your criteria in choosing what sakes to carry?

We have over 30 kinds of sake here, but the main thing for me is to cover as much variety, and not to lean towards any particular direction. So we have everything from junmai, daiginjo, nigori, seasonal sake, genshu, and so on, so that we can showcase the range of sakes out there. Plus, everyone has a different palette, so I try to have something for everyone.

Why do you think sake has gained so much popularity here in the US?

I think it's because it's a new field, and it's something unusual. The American market wanted that at the time, and sake was that exotic new field, and it snowballed from there. I think it had this classy image, too. So many great non-Japanese restaurants serve sake now, and to a degree this Japanese culture is becoming a part of the American culture.

What are some of the popular sakes among your customers?

I think Wakatake is probably the most popular. I can see why, it's a very smooth sake. It goes down easy. Masumi's Arabashiri is also a very popular one too.

What are some of the ways you've been promoting sake?

Some of the ways we have our customers try out different sake is through our Sake Tasting event we hold once a week. For our $35 menu, you can choose six different sakes that come with a fish, vegetable, and meat dish. For the $25 course you will not be able to choose your sake, but still, you will get to try 6 different sakes that are pre-selected. During this event, we experiment not only with different sakes, but also with different temperatures. My customers have become very sophisticated sake drinkers. They know their sakes by name, and they know which sakes are good warm and which sakes are not. This was not the case six years ago, but the funny thing is that almost none of my customers are Japanese. I think young Americans these days, know more about sake than Japanese people. Now, I'm the one learning from my customers.

Do you have any tips for sake beginners?

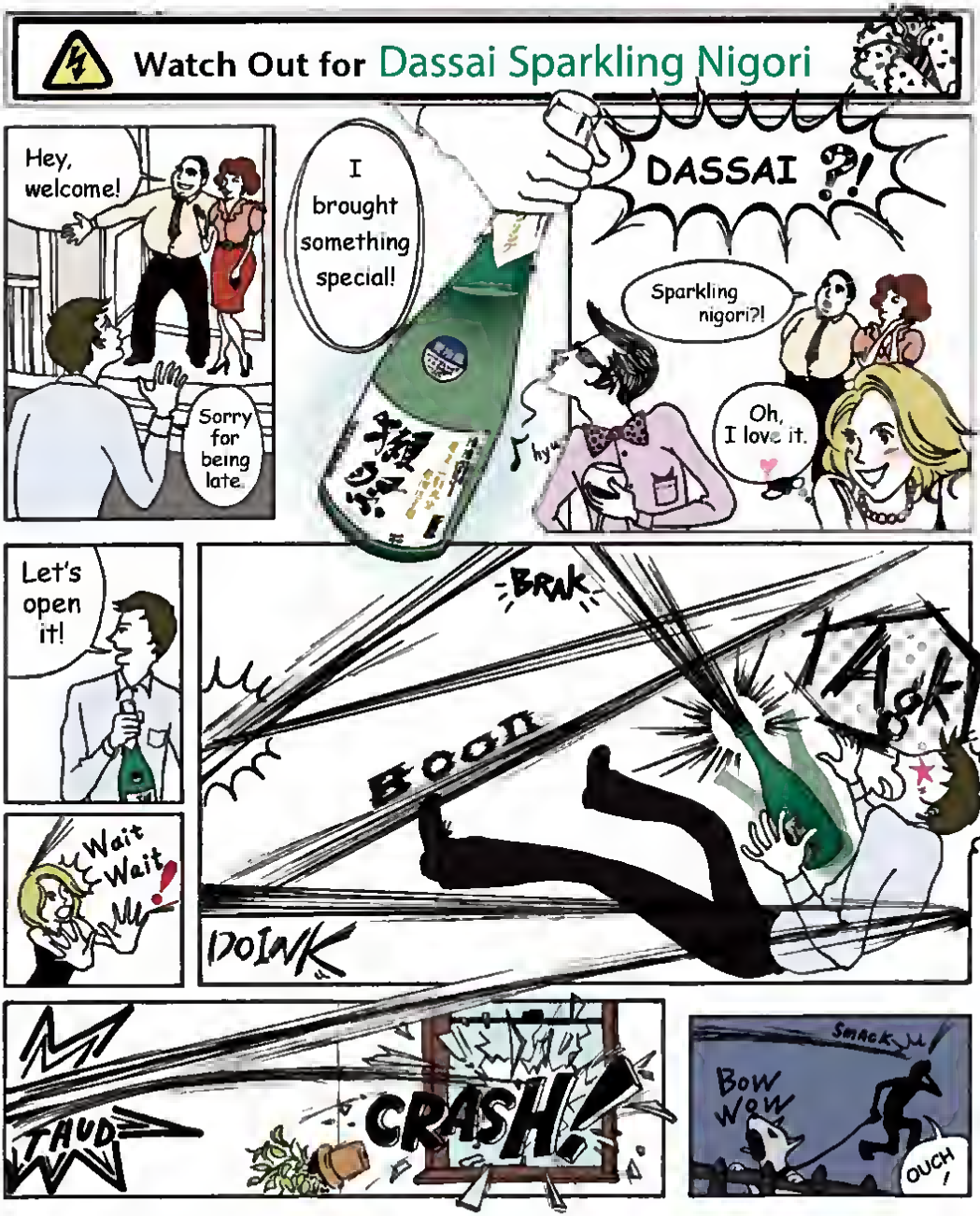
I'd say, if you want to pair heavy, rich foods with sake, go with a junmai. The heaviness of the junmai will be able to hold up to those tastes. But if you are going for something like sashimi, sushi, or tartar, go with a daiginjo. The light, fragrant quality of this type of sake will allow you to enjoy these sensitive tastes more clearly. And if you want to learn more about sake, come to Satsko!

Satsko
245 Eldridge St. (bet. Houston & Stanton Sts.)
New York, NY 10002
TEL. 212-358-7773

Sake Bar Satsko
202 E. 7th St. (bet. Avenues B & C)
New York, NY 10003
TEL. 212-614-0933

www.satsko.com

Watch Out for Dassai Sparkling Nigori



YOU GOTTA BE CAREFUL!!
This sake sparkles even more than Champagne.
S...sorry.
BUBBLE BUBBLE
Oh No.
Plus ...
You came here running, didn't you? That just makes it worse.
shake shake
IF YOU WANT TO DRINK IT RIGHT AWAY, YOU CAN KEEP IT IN A BUCKET OF ICE AND COLD WATER.
IT EXPLODES WHEN THE TEMPERATURE IS TOO HIGH.
So, the first thing to do is to cool it down.
Next, you put your hand on the cork gently.
Like this?
Then pull it slowly.
That's it!!
How do you know so much about Dassai anyway?
I made the same mistake before.
Ha Ha!

Illustration by *Ai Tateiwashi*

ADVERTISEMENT

KUROMARU FOR OLD-SCHOOL JAPANESE CUISINE

Rio & You, a family run restaurant in the theater district, has been in business for 4 years and has a solid base of regulars, despite the tough economy. It's actually no surprise since the Yamaguchis, the couple who own the place, have been in the restaurant business for nearly 30 years and have created a strong following. We asked the friendliest staff at Rio & You, chef Shinji Nishikawa and co-owner Ms. Ryoko Yamaguchi, what they think of the shochu, Kuromaru.

What is your impression of Kuromaru?

Mr. Nishikawa: I was surprised how clean the taste was, despite it being potato shochu. To be honest, I don't usually go for imo-jochu (potato based shochu), but Kuromaru is very nice even for me because it's so smooth. I like it very much.

Ms. Yamaguchi: I think Kuromaru is very refreshing, and it is also a very fragrant drink. It has the delicacy that's popular with females, but also the strong core that men like, so it's a drink everyone can enjoy.

How do you pair your dishes with Kuromaru?

Mr. Nishikawa: Our style is straight-up Japanese food. We don't try to Americanize it, or change it in any way to cater to a certain crowd. But these days, this type of straight up Japanese food is favored since everybody in America has become so educated and familiar with the true taste of Japanese food, especially in NY. As you know, Japanese food usually consists of several little dishes, like tapas, and one meal often consists of many different tastes and ingredients. Since Kuromaru doesn't get in the way of flavors, and often it refreshes your palate, from the spicy cod roe to the strong soy sauce taste of the marinated bamboo shoots to the buttery taste of toro, to the briny taste of clams, the drink holds up. I think it's a drink that fits very well with the Japanese style of eating.

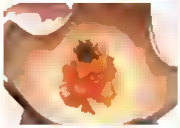
In all the years you've been in the Japanese food business, what's changed most?

Ms. Yamaguchi: Well, in terms of shochu, I think that the new technological developments in the business have really allowed shochu to become much more refined. The shochu you see these days no longer has the very distinct, rustic smell and quality to it. To some, that's not a good thing, but to many, it's allowed shochu to become a much easier drink to consume, especially among the younger generations, thus the boom. Kuromaru is a good example of this new kind of shochu.

How are your non-Japanese customers reacting to shochu in general?

Ms. Yamaguchi: Most of our clients, I think are non-Japanese, actually. It's about 6:4. Although almost all our Japanese customers order shochu rather than sake, I think shochu still has a way to go with westerners. They are curious, of course, but they're not at a level where they would order shochu by name.

Mr. Nishikawa: That's true, but Ms. Yamaguchi is really good at promoting it. For some reason, when she suggests shochu, people take her advice. It's amazing! Give her a little more time, and soon, everyone will be drinking shochu. [laugh]



Co-owner Ms. Ryoko Yamaguchi, chefs Hisaaki Tsubot and Shinji Nishikawa, have a way with their customers that make them feel right at home. The restaurant offers a great mixture of Japanese home-cooking and quality sushi. Kuromaru's ability to match various small dishes so perfectly is a true testament to the ingenuity of modern shochu making.

Rio & You
328 W. 45th St. (bet. 8th & 9th Aves.), New York, NY 10036
TEL. 212 307-0717

Shochu Tidbit

Many different factors are involved in creating the taste of imo-jochu (potato based shochu), such as the type of koji and the type of potato. Most imo-jochu produced today, including Kuromaru, are made with a kind of sweet potato called Koganesengan. This white potato, cultivated in Kagoshima, the mecca of imo-jochu, is starchy and sweet when consumed steamed, and produces the fruity aroma found in the modern imo-jochu we see today.

Kuromaru
Sweet potato shochu with a mild and brilliant taste and a clean finish.
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Kagura no Mai
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Yaemaru
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Vol.21 'Kappa no Sasoi-mizu'

2008 MONDE SELECTION GRAND GOLD MEDAL

In Japan, it is true that the consumption of shochu is higher than that of sake. One of the reasons is that unlike other distilled liquors, shochu can be enjoyed during meals. Japanese cuisine offers not only sushi, tempura and yakitori, but also a wide range of flavors. Also, many types of global cuisines like Chinese, Italian, French and Indian are enjoyed at Japanese homes. Shochu adapts to any cuisines, and that makes shochu an versatile meal companion. It especially pairs well with rich and oily dishes or even with cheese, and shochu is excellent for cleaning your palette.

-Hayato Hishinuma-

Information

The place to drink "Kappa no Sasoi-mizu" ***Umi no ie***

86 E 3rd Street (between 1st & 2nd Aves.)
New York, NY 10003 Tel 646-654-1122

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PRIZE OF THE MONTH

Terry May Concept Flowers Gift Set

Terry May Concept Flowers is a unique flower shop that specializes in custom design and artificial flower arrangements. This July is their 3rd anniversary and the prizes for this month is 5 sets of their original gift package that includes an eco friendly kitten tote bag (the design will vary) a Terry May mug cup, highlighters a ballpoint pen and an alarm clock.

Q1 Please tell us the title of the article that you find interesting the most and why

Title

Why I liked it _____

_____

_____

Q2 Please tell us which information in Chopsticks NY™ you have found useful and actually took advantage of (Please specify the name of the service you used)
(e.g. I went to Chopsticks Restaurant and ate the Special Ramen featured in the article)

_____

_____

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Q3 What kind of topics would you like us to feature in Chopsticks NY™ in the future?

_____

Q4 What is the title of your favorite Japanese anime, manga, and game?

_____

_____

_____

Q5 Our October's feature is Japanese Beverage. What would you like to know about it? (e.g. where to buy, product information how to drink etc.)

_____

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CHOPSTICKS NY

LIFESTYLE

FOCUS: CULTURE / FOOD

EXPERIENCE THE FUN OF TEMAKIZUSHI WITH YOUR FAMILY

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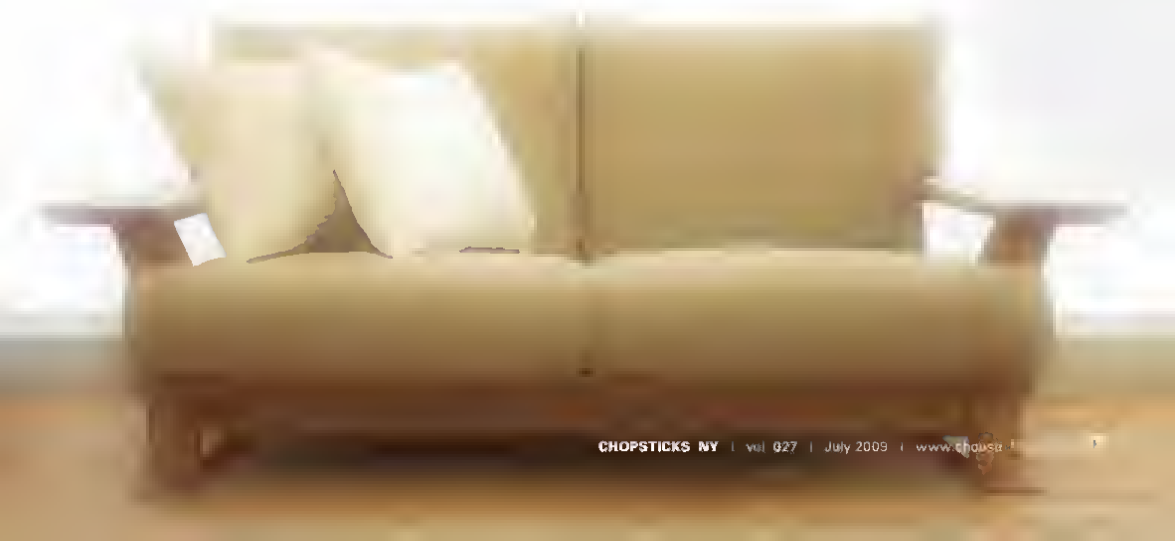


FOCUS * CULTURE/FOOD

EXPERIENCE THE FUN OF TEMAKIZUSHI WITH YOUR FAMILY

Traditionally in Japan, "temakizushi" (hand roll sushi) has always been a fun way for the whole family to enjoy a hands on dinnertime together, especially if you have young children. I remember when I was a kid growing up in Japan, this was one of my favorite things to make and eat, because I loved the fact that I could come up with my own combination of goodies. Basically anything goes in temakizushi, but my favorite ingredients were things like salmon, hamachi (yellowtail), ikura (salmon roe), uni (sea urchin), amaebi (sweet shrimp), unagi(eel), tempura, crab meat, and all sorts of vegetables like kaiware (sprouted daikon radish seed) and shiso leaves(basil-like Japanese herb). I had a habit of being over ambitious, and the handroll would often explode before it reached my mouth. Needless to say, it created a huge mess that I was responsible for cleaning up, but still the young food lover in me was as happy as can be.

It had been a while since I made temakizushi at home, and I like to think I have a bit more self control nowadays, so when Mitsuwa Marketplace, a Japanese grocery store in NJ, was having a temakizushi demonstration last month, I just had to pay a visit. From ingredients to kitchen utensils, you can buy anything necessary for temakizushi at Mitsuwa. Once I got there, I learned that the person who'd be demonstrating would be Mr. Shigeaki Fujii from Takaokaya, an established nori (dried seaweed) production company that's been in business for over one hundred years. What a treat! According to Mr. Fujii, when it comes to nori, the blacker the better. The rough side is the backside of the nori, and is the side where you want to put the rice on when you are making temakizushi. But before we even get to that stage, we must make rice...as rice for sushi and temakizushi alike is prepared in a special way.

Traditionally, sushi rice is made with rice that's been seasoned mainly with vinegar and sugar. Today, there are many products out there that makes this step a bit easier, such as vinegar made especially for sushi rice making. At the demonstration, a package of *Sushitaro*, a product for chirashizushi, was used to make the sushi rice, which was ingenious. The ingredients to go inside the temakizushi are also often sold pre-sliced and assorted, making the whole process easy on moms. But like I said, anything goes, and you can feel free to experiment with other ingredients that do not come in a regular temakizushi set.

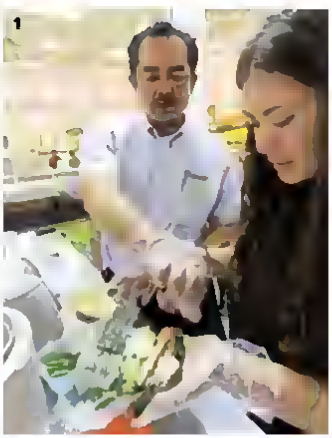
The rice is then cooled off to room temperature, in a wooden container, for easy handling. You may have seen sushi chefs fanning the rice. This is not only to cool the rice, but also to create luster. Once you have the rice and ingredients ready, all you have to do is pick your favorite ingredients and roll them.

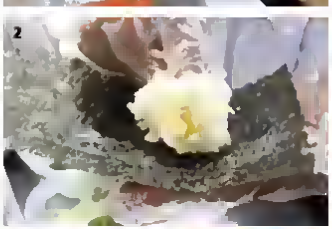
Under Mr. Fujii's supervision, I started making my own temakizushi for the first time in five years. First a regular size nori is cut in half. A small handful of rice is placed only on half of it. Then the ingredients are placed diagonally on top of the rice, which were in this case, shiso leaves, kanikama (fake crab meat), kaiware, and mayonnaise. While I placed my ingredients, I was immediately told, it was too much, and that's when I made the unfortunate discovery that the greediness in me had not changed much.—Then folding the corner of the nori, you roll it up so that a cone shape is created, and voila, it's ready to eat. When something this simple can bring your whole family and friends together, how could you not do it? It could even be the perfect alternative to BBQ this summer!

—Reported by *Maya Robinson*

Mitsuwa Marketplace
595 River Rd., Edgewater, NJ 07020
TEL: 201-941-9113
www.mitsuwa.com / newjersey@mitsuwa.com

Takaokaya USA, Inc.
5600 Rickett St., Los Angeles, CA 90058 USA
TEL: 323 269-9810 / www.takaokayausa.com





1. Thanks to Mr. Fujii's trick, now I can make a handroll that looks as good as the one in a sushi restaurant. **2.** The key to making a pretty temakizushi is to spread out the rice thinly and evenly only on half of the nori. **3.** The ideal length of ingredients is about 4-inches. You can choose the thickness to your liking, but beware of being too ambitious!

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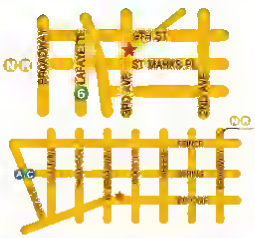
Astor Place Store
4 Stuyvesant St. 2nd Fl.
(bet. E. 9th St. & 3rd Ave.)
212-598-3040
Sun-Thu: 10am-11pm
Fri & Sat: 10am-12am

SoHo Store
494 Broome St
(bet. W. Broadway & Wooster)
212-219-0033
Sun-Sat: 10am-10pm



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201-941-9113

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Food Court

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www.mitsuwa.com/english/
25 Specialty Stores at the Shopping Center

Grocery & Sake Guide

The following is a list of stores where you can buy Japanese food and liquor.

Coupon available at www.chopsticksny.com

GROCERY

M2M B'way & 114th
2335 Broadway (bet. 114th & 115th St.) 212-210-4600 — Japanese

Dainobu
12a E. 47th St. (bet. Lexington & 3rd Ave.) 212-758-7380 — Japanese

Kategiri & Co., Inc
224 E. 58th St. (bet. 2nd & 3rd Ave.) 212-755-3566 — Japanese

Yagurn
24 E. 41st St. (bet. 5th & Madison Ave.) 212-679-3777 — Japanese

H Mart Han Ah Reum
25 W. 32nd St. (bet. Broadway & 6th Ave.) 212-695-3283 — Korean

Woorijip
12 W. 32nd St. (bet. 5th Ave. & Broadway) 212-244-1115 — Korean

Chez Noah
900 Washington St. (at Leroy St.) 212-675-2649 — Japanese

Japan Premium Beef
57 Great Jones St. (bet. Bowery & Lafayette) 212-260-2333 — Other

JAS Mart
35 St. Marks Pl. (bet. 2nd & 3rd Ave.) 212-420-6370 — Japanese

M2M E. Village
200 E. 11th St. (at 3rd Ave.) 212-353-2530 — Japanese

Sunrise Mart Astor Pl

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4 Stuyvesant St. 2nd fl. (bet. E. 9th St. & 3rd Ave.) 212-598-3040 — Japanese

Pearl River Mart
477 Broadway (bet. Grand St. & Broome St.) 800-878-2440 — Chinese

Sunrise Mart SoHo

We carry a wide variety of Japanese groceries and everyday items as well as an expansive selection of organic and vegan products. Also enjoy curry, soba noodles, chicken katsu don and more at our food court with plenty of seating area on the 1st & 2nd fl.

494 Broome St. (bet. W. Broadway & Wooster) 212-219-0033 — Japanese

Tonjin Mart
91 Mulberry St. (bet. Canal & Bayard St.) 212-962-4922 — Japanese

Family Market
28-15 Broadway (bet. 28th & 30th St.) 718-956-7925 — Japanese

H Mart Northern Blvd.
141-40 Northern Blvd. (Parsons & Bowne) 718-358-0700 — Korean

H Mart Northern Blvd.
156-40 Northern Blvd. (156th & 157th St.) 718-886-0005 — Korean

H Mart Union St.
29-02 Union St. (at 29th Ave.) 718-445-5656 — Korean

H Mart Williston Park
400 Hillside Ave. Williston Park, NY 11596 516-688-0270 — Korean

H Mart Woodside
99-18 Woodside Ave. (59th & 60th St.) 718-446-0758 — Korean

Sakura-ya
73-05 Austin St. (bet. Ascan Ave. & 72nd Rd.) 718-268-7220 — Japanese

Asian Market
91 Colvin Ave. Albany, NY 12203 518-458-8168 — Chinese

DAIDO
522 Mamaroneck Ave. White Plains, NY 914-683-0735 — Japanese

DS Seafood
14-16 North Central Ave. Hartsdale, NY 10530 914-946-9095 — Japanese

Fuji Mart Scarsdale
81F White Plains Rd. Scarsdale, NY 10583 914-472-1468 — Japanese

Kam San Foods
22 Barker Ave. White Plains, NY 10601 914-428-4500 — Korean

NIJIYA Market
18 N. Central Ave. Hartsdale, NY 10530 914-949-2178 — Japanese

Dishinbo
283 Halstead Ave. Harrison, NY 10528 914-835-4360 — Japanese

H Mart Great Neck
485 Great Neck Road, Great Neck NY 11021 516-482-8113 — Korean

Kanbini Japan Products
45 Main St., Port Washington, NY 11050 516-304-5722 — Japanese

Nara Japanese Foods
169A Main St. Port Washington, NY 11050 516-883-1838 — Japanese

Shin Nippon Do
63 Main Plaza Ave. Port Washington, NY 11577 516-625-1414 — Japanese

Family Market NJ
10 Franklin Tpk. Waldwick, NJ 07463 201-444-5133 — Japanese

H Mart Cherry Hill
1720 Marlton Pike Cherry Hill, NJ 08003 856-489-4811 — Korean

H Mart Edison
519-14 Old Post Rd. Edison, NJ 08817 732-248-8586 — Korean

H Mart Englewood
25 Lafayette Ave. Englewood, NJ 07631 201-871-8822 — Korean

H Mart Little Ferry
280 Route 46 Little Ferry, NJ 07643 201-614-0400 — Korean

H Mart Ridgefield
321 Broad Ave. Ridgefield, NJ 07657 201-943-3600 — Korean

Mitsuwa Marketplace
595 River Rd. Edgewater, NJ 07020 201-941-9113 — Japanese

Ridgewood Fisheries
30 Prospect St. Ridgewood, NJ 07450 201-670-0882 — Japanese

Fuji Mart
1212 E. Putnam Ave. Riverside, CT 06878 203-698-2107 — Japanese

J-Mart
15 Orange St. New Haven, CT 06510 203-782-1234 — Japanese

Kotobukiya
1615 Massachusetts Ave. Cambridge, MA 617-354-0814 — Japanese

Maida
36 N. Narberth Ave. Narberth, PA 19072 610-747-0557 — Japanese

Tokyo Japanese Store
5858 Ellsworth Ave. Pittsburgh, PA 15232 412-661-3777 — Japanese

SAKE

Gotham Wines & Liquors
2517 Broadway (bet. 93rd & 94th St.) 212-932-0890 — Sake/Shochu

Nancy's Wine
313 Columbus Ave. (bet. 74th & 75th St.) 212-877-4040 — Sake/Shochu

Garnet Wine
929 Lexington Ave. (bet. 68th & 69th St.) 212-772-3211 — Sake/Shochu

Mister Wright
1543 3rd Ave. (bet. 89th & 90th St.) 212-722-4564 — Sake/Shochu

Ambassador Wine
1003 2nd Ave. (at 56th St.) 212-421-5078 — Sake/Shochu

Landmark wine
157 W. 23rd St. (6th & 7th Ave.) 212-242-2323 — Sake/Shochu

Union SQ Wine
140 5th Ave. (at 18th St.) 212-675-8100 — Sake/Shochu

LEDU WINES
900 Washington St. (at Leroy St.) 212-924-6985 — Sake

Astor Wine
399 Lafayette St. (at 4th St.) 212-674-7521 — Sake/Shochu

MJK liquor
161 3rd Ave. (bet. 15th & 16th St.) 212-475-9188 — Sake/Shochu

Sakaya
324 E. 9th St. (bet. 1st and 2nd Ave.) 212-505-7253 — Sake

Warehouse Wines
735 Broadway (at W. 8th St.) 212-982-9770 — Sake/Shochu

East Village Wine
189 Stanton St. (bet. Clinton & Attorney) 212-358-7700 — Sake

Granyette Wine
151 Grand St. (bet. Crosby & Lafayette St.) 212-925-1236 — Sake/Shochu

New York Wine Ex.
9 Broadway (bet. Morris & Battery Pl.) 212-422-2222 — Sake/Shochu

September Wines L.E.S.
100 Stanton St. (at Ludlow St.) 212-388-0770 — Sake

Heights Chateau
123 Atlantic Ave. Brooklyn, NY 11201 718-330-0963 — Sake/Soochu

Smith and Vine
208 Smith St. (bet. Douglass & Degraw) 718-243-2864 — Sake

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12 N. Central Ave. Hartsdale, NY 10530 914-946-5300 — Sake/Soochu

Dalita Super Market
420 Washington St. Hoboken, NJ 07030 201-420-7600 — Sake/Soochu

JAPANESE WHOLESALER

Paleewong Trading Co., Inc.
628 10th Ave. New York, NY 10036 212-245-4660 — Sake

JFC International Inc.
40 Varick Ave. Brooklyn, NY 11237 718-456-9805 — Food/Sake

Central Bseki U.S.A., Ltd
56-30 48th St. Maspeth, NY 11378 718-729-8588 — Food

Dairei Trading Co., Inc
14-50 126th St. College Point, NY 11356 718-539-1100 — Food/Sake

New York Mutual Trading Inc.
25 Kinderkamack Rd. Moonachie, NJ 07074 201-933-3555 — Food/Sake

Nishimoto Trading Co., Ltd
602 Washington Ave. Carlstadt, NJ 07072 201-804-1900 — Food/Sake

Wine of Japan Import, Inc.
235 West Parkway Pompton Plains, NJ 07444 973-835-8585 — Sake

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BUYING JAPAN: INCREDIBLE AND UNKNOWN PRODUCTS – VOL 15 –

UCHIWA

BY *NOBI NAKANISHI*

The month of July gets hot - I bet you're sweltering right now. Doesn't this uchiwa equipped person look incredibly lucky? This could be you –

Now you can stay cool while constantly reminding yourself and others that there's nothing better in the summer than a nice cold glass of sake. (The uchiwa for Sake Expo is provided by JFC International)

Every year I brag about how I grew up in New York City without air-conditioning. The constant heat that went to my head probably explains a lot about me today, but we won't address that this month (or hopefully any month). When I look at how much energy I started wasting as an adult however, I do think of those times and remind myself that there are alternatives to switching on the 'aircon'. In order to stay green this year I've made it a policy to cut down on turning the switch. Whenever I can, I'm going to try and use an **uchiwa**.

In Japan, the uchiwa has been, and remains to be the traditional way to fan in the hotter months. Conceptually, it isn't so hard to imagine – it is indeed just like any standard hand fan that we have all seen at some point in our lives. I know a manual fan may sound antiquated these days with battery powered pocket fans and all sorts of devices available, but its simplicity – once you think about it – is really quite effective. When you consider all the odd things we fan ourselves with, from magazines to large envelopes, why not just keep a fan handy?

Every culture has had hand-held fans in one form or another. The origins of the uchiwa however come from China, where the tradition of taking bamboo splinters and splaying them out into the shape of a fan had been around since the 2nd Century BC. The first Japanese uchiwa was designed around the 8th Century and used a similar method for the basic structure. Washi paper – a thin yet durable paper made of bamboo, wood, grass, wheat or rice – is then pasted on both sides and then adorned with designs. As craftspeople could embellish their uchiwa with calligraphy, illustrations and even elegant gold leaf, they have been used as ceremonial items and as aristocratic accessories. Incredibly, there are uchiwa makers in Kyoto that have been in business since the 17th Century.

You may recognize an uchiwa at first sight – they look a bit like oversized ping-pong paddles. While they may not be as ubiquitous as they used to be, these fans are still used by families all over Japan to keep cool at home or when attending traditional summer festivals. But they can also serve other purposes – as they are not so expensive to manufacture, many companies in Japan even give out uchiwa that have printed advertisements of their products.

I ended up getting a new uchiwa as a gift last year when I was in Tokyo for the Sumo Championships, where such fans are used by the Sumo as part of the ceremony. What's so perfect is that uchiwa are incredibly lightweight and unobtrusive. They will not get in the way of the out your arm as quickly as a catalog or newspaper – the exception being the issue of Chopsticks NY you are holding right now (sneaking in lines like these help me keep my job).

If you're thinking of cutting down on your air conditioning or know you'll be spending time at an outdoor performance or a baseball game this summer, consider picking up an uchiwa. If you're a little embarrassed about using a fan, just blame me. Unless you decide to get the Hello Kitty one – I will not take any responsibility for that.

Uchiwa is available at Japanese gift shops.

ASK THE BEAUTY GURU —VOL.18—

DISCOVER A MORE EFFICIENT WAY TO PERMANENTLY REMOVE HAIR! – NY ELECTROLYSIS

Electrolysis is the only FDA-approved method of hair removal. Licensed Electrologist Yuki Arai, L. E., C. P. E, uses a unique two-handed method to shorten the treatment time and keep clients comfortable.

What is electrolysis and what are the benefits of the treatment?
Electrolysis is a method of permanent hair removal which removes individual hair one at a time. While other hair removal methods, such as lasers, only work on the surface, electrolysis uses disposable needles to penetrate deeper into the skin, thus inducing more permanent effects. Electrolysis can be used on all skin types and doesn't damage your skin. Anyone can do it – people who have thick hair, thin hair, any color of hair. Since each hair is treated, the success rate is very high. Also, there is no risk of hurting or burning your skin.

The machine used for electrolysis is different from most other hair removal machines in that it has air going through it. Air is flowing through the place where you insert the needle, which also lowers the temperature of the top layer of the skin and also eliminates the discomfort of the needle going into the skin, so it is not too uncomfortable.

How do you choose which type of needle is used?
I use three types of needles here depending on the client's skin type, hair type, and the area which is getting hair removal. The first type of needle is insulated with a special coating all over it. When inserting a needle into the skin, the heat does not come up to the surface of the skin, and therefore the skin will not get burned. This type of needle is used on customers who have stiff hair, or on areas such as a man's back or beard/moustache, or a woman's bikini line. A 24k gold needle is used for people with sensitive skin. It is used on places such as your face, sideburns, chin, etc. For some people, their skin is so sensitive scars remain afterwards. So we use this kind of needle on those types of clients, or people with atopic allergies. The third kind of needle is a stainless steel needle. It also has a coating so the heat does not come to the surface of the skin. It is used on people who have regular skin whose hair type is not particularly weak or strong, and can be used on the face or on the body.

Tell us your special method of performing electrolysis.
In order to save time, I use a two-hand technique. Most electrologists use their dominant hand. However, I use one hand to hold the needle holder, and I use tweezers with my other hand. With one hand, I insert the needle into the hair follicle and after putting heat onto the hair, I can tweeze it out. If you only use one hand to perform this task, you have to switch between tools all of the time. I got special training to learn to do this, so I can reach any place with either hand without having to put down any tools.

Is there anything to keep in mind when we consider electrolysis?
There are some, but the most important thing you should know is that the way you remove unwanted hair regularly may affect your hair growth. For example, waxing and tweezing literally pull out your hair from the roots changing your hair growth cycle, and is closely related to permanent hair removal strategy. This can ultimately delay the speed of permanent hair removal process. Shaving, on the other hand, works only on the surface and it doesn't change the hair growth cycle. So, I recommend shaving if you plan permanent hair removal.

Ms. Arai's meticulous, careful work on your skin makes the hair removal treatment even at ease

The founder and electrologist of NY Electrolysis, Yuki Arai, first established her career as an aesthetician and electrologist in Japan. After moving to the United States, she obtained an electrologist license in the State of New Jersey, which requires 600 hours of training in theory and technique. With solid technique and experience in both countries, Ms. Arai provides a hair removal treatment service that guarantees optimal satisfaction.
Session rates: $50 for 15 min., $70 for 30 min., $90 for 45 min., and $105 for 60 min.

NY Electrolysis
926 Broadway #604 (bet. 21st & 22nd Sts.) New York, NY 10010
TEL: 917 210-4388 / NYElectrolysis@gmail.com
Hours: By appointment / www.electrolysisny.com

Beauty Guide

Indicated prices are beginning price for hair salons and recommended treatment price for spas

Coupon available at www.chopsticksny.com

HAIR SALON

Upper West — Hoshi Coupe III
2nd Broadway (at 108th St.)
212-663-0480
F $40- M $40-

Upper East — Giovanni-Sacchi
1364 Lexington Ave (bet. 90th & 91st St.)
212-360-5567
F $50- M $30-

Upper East — Michi
205 E. 60th St. (bet. 2nd & 3rd Ave.)
212-752-9229
F $70- M $50-

Upper East — Midoma Salon-Gallery
439 E 75th St (bet York & 1st Ave.)
917-432-2967
F 100- M 100-

Upper East — Tomoko Shima Hair Salon

A comfortable and private atmosphere in the Upper East. Their stylists are highly reputable for high techniques and extensive knowledge to treat any hair types as well as Japanese straightening Perm. Organic and Japanese hair products are also available

171 E. 82nd St. (bet. 3rd & Lexington Ave.)
212-722-8626 www.tomokosima.com
F $60- M $55-

Midtown West — Mingle New York
10 W. 55th St. 2nd Fl. (bet. 5th & 6th Ave.)
212-459-3320
F $60- M $70-

Midtown West — Mitzu
57 W. 57th St. #1204 (at 6th Ave.)
212 757-5360
F $145 M $115

Midtown West — SALON VIJIN

From fabulous cuts to spectacular esthetic straight perms and colorings, Salon Vijin leads the way in hair styling and care for the future. Weekdays 10am-7pm weekend 10am-6pm. Appointment recommended.

19 Rockefeller Plaza Concourse Level
212-664-0664 www.salonvijin.com
F $64 M $57

Midtown East — Eiji International
601 Madison Ave 5th Fl (bet 57th &58th St)
212-838-3454
F $125- M $80-

Midtown East — Hair Mates Midtown
114 E. 40th St. (bet. Park & Lexington Ave.)
212-986-2930
F $90 M $65

Midtown East — Hisako Salon
141 E. 47th St. 2nd Fl. (Lexington & 3rd Ave.)
212-754-7640
F $55- M $45-

Midtown East — Kiara
515 Madison Ave (at 53rd st.)
212-832-2699
F $45- M $37-

Midtown East — Manish
231 E. 53rd St. (bet. 2nd & 3rd Ave.)
212-755-2623
F $45- M $35-

Midtown East — Mamotaro
22 E 49th St. 2Fl (bet Mahson & 5th)
212-750-2382
F $75- M $48-

Midtown East — Salon Ishi
70 E 55th St (bet. Park and Madison Ave.)
212-688-4744
F $87 M $71-

Midtown East — RH Plus Salon

RH+

An increasingly popular salon celebrating 2nd year in Midtown. Comfortable space with bright and natural light through large windows. Our stylists are trained both in NY & Tokyo, and are looking forward to your visit. Japanese Straightening available

805 3rd Ave. 2nd FL (bet. 49th & 50th St.)
212-644-8058 www.rhplusny.com
F $00- M $50

Midtown East — Shige Kusuda
141 E.55th St. (bet. 3rd & Lexington Ave.)
212-759-2337
F $80 M $60

Midtown East — Wave 55
1058 2nd Ave (bet. 55th & 56th St.)
212 355-7335
F $60- M $45-

Chelsea — Hisako Salon

Located in the heart of Chelsea it is the sister salon to Hisako Salon in Midtown East that has catered to both Japanese and local clientele for over 2 decades. Digital perm available. Walk-ins are always welcome. Open: 7days Mon - Fri: 1pm-9pm

193 7th Ave (bet. 20th & 21st St)
212-633-8233
F $60 M $45

Chelsea — Hoshi Coupe I
258 W. 19th St (bet. 7th & 8th Ave.)
212-255-0770
F $50- M $50

Chelsea — KIWA Salon
234 W. 27th St (bet. 7th & 8th Ave.)
212-620-3948
F $55 M $55

Gramarcy — Hayato New York
125 E. 23rd St. 2nd Fl (park & Lex Ave.)
212-673-7373
F $60- M $60-

West Village — SEI-TOMOKO
142 W. 4th St. (Washington Sq. Pk & 6th Ave.)
212-477 5475
F $35- M $35-

West Village — YUI Salon

Must try HEAD SPA with SHIATSU at this newly opened Hair Salon! Shiatsu massage after the deep scalp cleaning releases muscle tensions and promotes blood circulation to the scalp, neck and shoulders. It makes you look youthful with shiny hair

323 W. 11th St (Greenwich & Washington)
212-647-9303 www.yuisalon.com
F $70- M $60-

East Village — Ampersand
242 E. 4th St. (bet. Ave A. & B)
212 228-3459
F $80 M $50

East Village — Olala
149 Avenue A (bet. 9th & 10th Sts.)
212 777 5252
F $55- M $45-

East Village — Hair Date

A new hair salon Hair Date offers high sense of style with personal care at reasonable prices in a friendly atmosphere. Also enjoy relaxing experience at their nail section. 20% off for new clients and 10% student discount available. (Excluding nail service)

329 Bowery (bet. 2nd & 3rd St.)
212-228-4391 www.hairdatenyc.com
F $50- M $45

East Village — Hair Mates Downtown
13 3rd Ave. (bet. 7th & St. Marks Pl.)
212-777 4612
F $45- M $40-

East Village — Hoshi Coupe II
214 E. 9th St. (bet. 2nd & 3rd Ave.)
212-505-0362
F $45- M $40

East Village — i Salon
150 E. 14th St. (at 3rd Ave.)
212-505-0537
F $40- M $35

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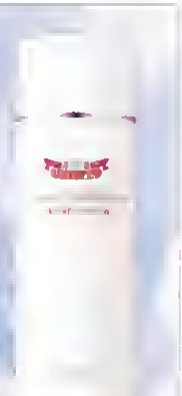

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Terry May or small gifts or eco friendly kitten tote bags will be given to those who open accounts and those who make purchases in July & August.

Terry May Concept Flowers www.TerryMayNY.com
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Saturday: 10am-6pm Tel: 212-888-0303 info@terrymayny.com

East Village **K2 Salon**
219 E 10th St (bet. 1st & 2nd Ave.) | F $65-
212-260-5198 | M $50-

East Village **Lotus Salon on Ave. A**
31 Ave. A (bet. 2nd 3rd St.) | F $70
212-475-[illegible]743 | M $55

East Village **Pinko Salon**
233 E 4th St (bet. Ave A & B) | F $60
212-673-6209 | M $50

East Village **Powder Room**
319 E 9th St (bet 1st & 2nd Ave.) | F $60
212-677-2020 | M $50

East Village **SEI-TOMOKO**
240 E 13th St. (bet. 2nd & 3rd Ave.) | F $35-
212-533-[illegible]113 | M $35-

East Village **SEI-TOMOKO 02**
126 E 4th St. (bet. 1st & 2nd Ave.) | F $35-
212 473-8820 | M $35-

East Village **Ueno Salon**
408 E 9th St. (bet. 1st Ave. and Ave. A) | F $60-
212 505 7773 | M $55-

East Village **Yo-C Salon**

The owner stylist Yoshi utilizes funky & edgy styles of Tokyo elegance of Paris and aggressiveness of NY styles and highlights individual customer's personality. A combination of Japanese Straight Perm and cut is $220. Student discount available
225 E 5th St (bet. 2nd & 3rd Ave.) | F $75
212-529-0355 www.yo-cslon.com | M $75

Lower Mhn **Healt Coupe Soho**
193 Prince St (bet Sullivan St. and 6th Ave.) | F $70-
212-353-0009 | M $60-

Lower Mhn **Lotus Salon North Moore**
34 North Moore St (bet. Hudson & Varick St.) | F $90
212-219-3539 | M $70

Lower Mhn **Lotus Salon on Prince st**
7 Prince St. (bet. Elizabeth & Bowery St.) | F $90
212 219-3233 | M $75

Lower Mhn **Lotus Salon on Reede St.**
141 Reade St. (bet. Hudson & Greenwich St.) | F $100
212-406-7788 | M $70

Lower Mhn **Q Hair**
19 Bleecker St (bet. Mott & Elizabeth St.) | F $54
212-614-6725 | M $34

Lower Mhn **Shizen**
627 E. 6th St. (Bet. Ave. B & C) | F $65
212.777-2128 | M $55

Lower Mhn **Takamichi Hair**
35 Great Jones St. (Lafayette & Mulberry) | F $75-
212-420-7575 | M $75-

Lower Mhn **Uenn Salon**
218 Mulberry St. (bet. Prince and Spring St.) | F $65-
212-343-[illegible]233 | M $60-

Brooklyn **Commune Salon & Gift**

Commune is a hair salon and a gift boutique located in Williamsburg. We provide gentle hair services, colouring, all by Japanese treatments and low-chemical processes. Our boutique section offers a collection of creative jewelry and accessories.
191 Grand St (bet. Driggs & Bedford Ave.) | F $55-
718-384-7412 www.communesalon.com | M $45-

Upstate **Akane Salon**
7 E. Hartsdale Ave. Hartsdale, NY 10530 | F $55-
914-946-0216 | M $45-

Upstate **Hair Studio NAKA**
267 Halstead Ave. Harrison, NY 10528 | F $60
914-835-0045 | M $50-

Upstate **Hiro's Hair Salon**
99 Purchase St. Rye, NY 10580 | F $60
914-921-3535 | M $50

Upstate **Momotaro**
2 Spencer Pl. 2nd Fl. Scarsdale, NY 10583 | F $60-
914-472-5857 | M $50-

Upstate **Salon Shin**
731 White Plains Rd. Scarsdale, NY 10583 | F $50-
914-472-3917 | M $45-

Upstate **Salon Susan**
19 E. Hartsdale Ave. Hartsdale, NY 10530 | F $40
914-946-7475 | M $30

Long Island **Li Wave**
16 Haven Ave, Port Washington, NY 11050 | F $40
516-883-3046 | M $30

New Jersey **Akane Salon**
2024 Center Ave. Fort Lee, NJ 07024 | F $40-
201-461-3644 | M $30-

New Jersey **Kotsuko Salon**
2039 Lemoine Ave. 31F Fort Lee, NJ 07024 | F $60
201-585-9889 | M $40

New Jersey **Michi**
565 River Rd. Edgewater, NJ 07020 | F $50
201-941-1885 | M $40-

New Jersey **Salon Tomo**
1617 Parker Ave. Fort Lee, NJ 07024 | F $50
201-346-0501 | M $45

New Jersey **Tosh Hair Supreme**
1550 Lemoine Ave. Fort Lee, NJ 07024 | F $45-
201-461-5642 | M $40

SPA

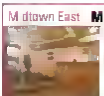
Upper East **Tsunemi Ooy Spa**
206 E 60th St 2Fl (bet 2nd & 3rd Ave) | $90
212-820-5864

Midtown West **Excy Laser Hair Removal**
147 W 35th St (bet. Broadway & 7th Ave.) | Upper Lip
212-695-1958 | $50

Midtown West **Nihon Ooy Spa**
15 W 46th St 10th Fl (bet 5th & 6th Ave.) | $40-
212-575-7652

Midtown West **SHIZUKA new york**
7 W 51st St 5th Fl (bet. 5th & 6th Ave.) | Skincare
212-644-7400

Midtown East **Lavender Laser Cosmetics**
116 E 41st St (bet. Madison & 5th Ave.) | Initial
212-693-0041 | $45/hr

Midtown East **MOONFLOWER SPA**

Moonflower Spa specializes in progressive treatments such as microdermabrasion, ultrasound treatment, deep pore cleansing facial with thorough extraction and a breathe apply glycolic facial. Come relax your mind and body. We offer the best personal care possible.
8 E 41st St 3rd Fl (bet. 5th & Madison Ave.) | $75
212-683-8725 www.moonflowerspa.com | / 90min

Koren Town **Aura Wellness Spa**
49 W 32nd St (bet. Broadway & 5th Ave.) | $70-
212-695-9559

Chelsea **Fahylous Living**
145 W.26th St. 9th Fl (bet. 6th & 7th Ave) | Colonic
212-929-0558 | $100

Chelsea **Mist Beauty**
145 W.28th St. 9thFl.(bet. 6th & 7th Ave.) | Facial
212-643-3447 | $45 & up

Chelsea **New York Electrolysis**

Offering comprehensive electrolysis treatment by highly trained Japanese elect ologist with 10+ years of experience. Electrolysis is the only proven method of permanent hair removal. Call for free consultation! You have nothing to lose but your unwanted hair!
322 Broadway #604 (bet. 21st & 22nd St.) | 15min/
917 210-4388 www.electrolysisnyc.com | $50-

Chelsea **Supple Spa**

The ornamental spa featured on MTV offers 60min Swedish or Deep Tissue massage with 30min Collagen Facial for $130 ($150 reg). Couple's Massage and other signature Royal Bath Treatment are offered in a private room and mobile spa service is also available.
55 W 19th St. 2nd Fl (bet. 5th & 6th Ave.) | $65/1h
212-929-5948 www.supplespa.com

East Village **TAMAGO Skincare**
251 E 13th St. (bet. 2nd & 3rd Ave.) | $45/hr
212-505-1599

Lower Mhn **Corina Beauty Center**
121 Baxter St (bet. Canal & Hester St.) | $45/h
212-941-7118

Lower Mhn **Facial Spa**
170-172 Canal St #303 (Mott & Elizabeth St.) | Facial
212-925-5114 | $38/90min

Lower Mhn **KSS Beauty Spa**
187 Centre St (bet. Canal & Hester St.) | Facial
212-966-9531 | $45

Lower Mhn **NY Chinatown Nutrition Ctr**
9 E. Broadway #301 (at Catherine St.) | Weight
917-822-0310 | Loss

Lower Mhn **Spring Thyme Wellness**
75 Nassau St. (bet. Fulton & John St.) | $40-
212-385-4873

Queens **este de doronko**
113-49 Union Tpk. Forest Hills, NY 11375 | Wh tening
917-886-4004 | $50-

Queens **Spa Castle**
131-10 13 1st St. (at 11th Ave.) | $39-
718-939-6300

Upstate **este de doronko**
21 Lake St. White Plains, NY 10603 | L ft up
917-886-4004 | $80-

New Jersey **King SPA Sauna**
321 Commercial Ave. Palisades Park, NJ | $35
201-947-9955

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Detox Massage	(60 min / $70)
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Hydrating Facial + Detox Massage	(120 min / $120)

*See more details on website

8 East 41st Street, 3rd Floor NY 10017 (bet. 5th & Madison Ave)
212 683 5729 WWW.MOONFLOWERSPA.COM

Health Guide

Indicated prices are recommend treatment prices.
Coupon available at www.chopsticksny.com

SHIATSU

Upper East — Tsunami
20a E 60th St 2F (bet 2nd & 3rd Ave) | 212-628-5868 | $90/h

Midtown West — Salon de Tokyo
200 W 57th St #1308 (at 7th Ave) | 212 757 2187 | $70 /60m n

Midtown West — Osake Health Spa 56
50 W 56th St #2 (bet 5th & 6th Ave) | 212-956-3422 | $100/h

Midtown West — Osaka Health Spa 46
37 W 46th St (bet 5th & 6th Ave) | 212-575-1303 | $100/h

Midtown West — Esprit Wellness
2 W 45th St #1701 (bet 5th &6th Ave) | 212-354-5976 | $60 /15m n

Midtown East — Kenkudo Inc
211 E 53rd St (bet 2nd & 3rd Ave) | 212-980-0008 | $80 /60m n

Midtown East — Endo Seitai Skiatsu
1E E 41st St 1st Fl (bet 5th & Madison) | 212-683-0041 | $60 /30m n

M dtown East — IDO HOLISTIC CENTER

Do Holistic Center offices sh atsu massage—tradi onal Japanese acupressure massage that w ll relieve you of physical pa n and stress 20 m n shi sa ion 1 h 3 0 m C uded w th a shiatsu massage Two-fo -one weekend spec al (sanna & shiatsu) is $105
9 E 46th St 8th Fl (bet Mad son & 5th Ave) | 212-589-5300 www herbjapan com | $90 /60min

Midtown East — Ease Salon
51 E 42 St #1406 (bet Mad son & Vanderb lt) | 212-661 5151 | $40 /25min

M dtown East — Doin Holistic Center

Offe ng authentic Seita Sh atsu (Japanese osteopathy) Th s trad tional heal ng method helps reduce chronic pa ns and r g d joints by restoring the body s natural balance Without surgery you can save sign ficant expenses Free consultat on ava lable
211 E 43rd St (bet 2nd & 3rd Ave) | 212-697-9114 www doinseita blogspot com | Seita Shiatsu

Chelsea — DHASHI INSTITUTE
147 W 25th St 8th Fl (bet 6th & 7th Ave) | 800-610-4190 | $45-85 /60min

East Village — Keisy
228 E 9th St 2nd Fl (bet 2nd & 3rd Ave) | 212 253-7171 | $45 /60min

Lower Mhn — Howard's Beauty Salon
34 Howard St 2nd Fl (Broadway & Crosby) | 212-625-1966 | $50/h

Lower Mhn — Hirai Healing
63F Broadway #1004 (bet Bleecker & Houston) | 646-203-4333 | $80/h

Lower Mhn — Health Trail CD
23 Fell St 2nd Fl (bet Mott & Bowery St) | 212-608-2212 | $80 /60m n

ACUPUNCTURE

Upper West — Dr Hong
4167 Broadway (bet 176th & 177th St) | 646-739-3922 | $80 /30min

Upper East — Herbal Fairy Spa
225 E 84th St #4 (bet 2nd & 3rd Ave) | 212-288-3888 | $80 /60min

Midtown West — Yamaguchi Acupuncture

One of the most e ab ng shiatsu acupuncturist w th over 30 years of experience I censed in NY CA and Japan specializes n pa n management sports nju y ndent h, allergy asthma and d gest ve p oblems Little to no pain with Japanese techn que
161 W 54th St #21 (bet 6th & 7th Ave) | 212-996-7567 www yamaguchiacupuncture com | Acupunc ture

Midtown West — Risako Blonstein
130 W 42nd St #51 (bet 6th Ave & Bway) | 516-457-9858 | $75/ visit

M dtown West — NY Acupuncture & Herb
250 W. 57th St #1330 (at Broadway) | 212-262-8868 | $100 /visit

Midtown West — Nihon Medical Group
15 W 44th St 10th Fl (bet 5th & 6th Ave) | 212 575-8910 | $60-

Midtown West — Eileen Chen
119 W 57th St. Suite 511 (6th & 7th Ave) | 212-574-2830 | $100/h

M dtown East — David L. Zeng
14 E 34th St 5th Fl (bet 5th & Madison Ave) | 212-683-1773 | $50 /50min

M dtown East — Chun Yuen Li
141 E 56th St #3D (bet Lex & 3rd Ave) | 212-750-8394 | $80/ visit

M dtown East — Amy Nature Center
137 E 47th St. (bet 3rd & Lexington Ave) | 212-317 2720 | $80/ visit

M dtown East — Acumed Center
150 E. 56th St #1C (bet 3rd & Lexington Ave) | 212-888-6877 | $60/ 60m n

Midtown East — 41st Street HealthCare
10 E 41st St (Flat 5th & Madison Ave) | 212-683-0041 | $90/ 120min

Chelsea — Yoshiko Kamiyama
20 W 20th St #311 (bet 5th & 6th Ave) | 914-954-7904 | Homeo pathy

Chelsea — Love & Compassion
47 W 21st St 7th Fl (bet 5th & 6th Ave) | 212 242 8701 | $120 /2h

East Village — SuHu Natural Health
1 Un on Sq W #715 (at E 14th St.) | 212-691 8281 | $90/ visit

Queens — Chin Kei
133-47 Sanford Ave #1G Flushing NY 11355 | 718-961-7222 | $50 /45min

Long Island — Kimura Acupuncture
516 Lakeville Rd New Hyde Park NY 11040 | 516-775-0779 | $80/acn $40/ear

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The Samurai Healing Method is powerful and fundamental It restores the body's self healing power that not only alleviates chronic pains aches and fatigues but also helps recover the natural skeletal balance The treatments will help many people with chronic diseases and can even prevent undergoing expensive elective surgeries The theory and practice of Samurai Healing Method was originally developed in ancient Japan and its techniques provide a safe and less painful way to heal your aching rigid joints as well as prevent developing illnesses by increasing your immune system. With Samurai Healing Method you will recover the body's natural balance in a holistic way.

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By appointment only
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for more details
http://doinseita.blogspot.com

DOCTOR

Upper East	**Fay M. Ohsumi MD**	
1178 1/2 E. 84th St. #1F (Lex & Park Ave.) 212-288-8121		Internist
Midtown West	**Nihon Medical Group**	
15 W. 44th St. 10th Fl. (5th & 6th Ave.) 212-575-6910		General Clinic
Midtown West	**M. Sonoda MD**	
200 W. 57th St. #605 (at 7th Ave.) 212-977-4747		OB/GYN
Midtown West	**Lula Fujimoto DDS**	
250 W. 57th St. #2212 (bet. Bway & 7th Ave.) 212-315-2138		Dentist
Midtown West	**Anshin Medical Health**	
36 W. 44th St. #303 (bet. 5th & 6th Ave.) 212-730-9010		General Clinic
Midtown East	**Yamagata Dental**	
230 Park Ave. #525 (Bet. 45th & 46th St.) 212-687-1188		Dentist
Midtown East	**Dversea Japanaaa Clinic**	
11 E. 47th St. 2nd fl. (bet. Madison & 5th) 212-223-3777		Gnnnral Clnic
Midtown East	**Mitsugu Shonyo**	
345 E. 37th St. #203 (Bet. 1st & 2nd) 212-867-5700		Optometrist
Midtown East	**Kyo Nakamura DDS**	
20 E. 49th St. #301 (bet. Madison & 5th Ave.) 212-486-1121		Dentist
Midtown East	**Hiroshi Kimura**	
30 Central Pk. S. 3D (bet. 5th & 6th Ave.) 212-486-1121		Dentist
Midtown East	**Haruyo Fujiwahi PhD**	
3 E. 54th St. (bet. 5th & Madison Ave.) 212-208-2527		Psychologist
Midtown East	**41st Street HealthCare**	
18 E. 41st St. (bet. Madison & 5th Ave.) 212-683-0041		General Clinic
Korea Town	**Japanese Medical Practice**	
55 E. 34th St. 2nd fl. (bet. Park & Madison) 212-683-2113		General Clinic
Chelsea	**Haruna Miyamoto SW**	
364 W. 18th St. #3C (bet. 8th & 9th Ave.) 347-403-3508		Social Worker
New Jersey	**Oversea Japanese NJ**	
47-49 Halstead Ave. #101 Harrison, NY 10528 914-381-8868		General Clinic
New Jersey	**Otsuka Shika**	
1617 Park Ave. Fort Lee, NJ 07024 201 461 0130		Dentist
New Jersey	**New Jersey Clinic**	
2231 Lemoine Ave. Fort Lee, NJ 07024 201 944-1008		General Clinic
New Jersey	**Japanese Women's Center**	
170 Palisade Ave. 3rd Fl. Teaneck, NJ 07666 201 747 2264		OB/GYN
New Jersey	**Evergreen Pediatrics**	
1399 15th St. #190 Fort Lee, NJ 07024 201-224-3344		Pediatrics
New Jersey	**Edgewater Family Care**	
725 River Rd. #202, Edgewater, NJ 07020 201 943-6040		General Clinic

Charms in Japan -Vol.1-

Mori Shio

It's been believed in Japan that salt has the power to purify things, drive away evil spirits, and create new energy. People often place Mori Shio, a piling salt on a small plate if they want to purify a point. For example, the low energy points such as entrance, kitchen and bathroom should have their power enhanced by Mori Shio. It is also effective to use Mori Shio when you start driving a brand new car or move into a new house. To apply Mori Shio, place about 10 grams of unrefined, natural salt on a small white or unglazed plate and make a pile-up shape as shown. Replace salt once every one or two weeks. The used salt should be thrown away.

Courtesy of Brusia Nishimura / http://members.at.infoseek.co.jp/brusia/
Illustration by Mikako Kanno

ADVERTISEMENT

SHIATSU AND KAMPO FOR "NATSU-BATE"

No school, later sunsets, and less clothing can only mean one thing: it's summertime, and the livin's easy. As heat and humidity replace winter's frigid wrath, we become susceptible to a variety of health issues. One of them is known as *natsu-bate*, a condition prevalent in Japan throughout the muggy summer months. Brought on by prolonged exposure to sweltering summer temperatures, *natsu-bate* symptoms include lethargy, sleep deprivation, loss of appetite, and in some cases, digestive problems such as diarrhea and constipation. According to doctors in Japan, *natsu-bate* is primarily caused by perspiration problems. In hot weather our body temperature rises and we sweat to cool it down, but as we move about the city in freezing trains and buses our bodies have trouble adjusting to the drastic temperature changes. "Ideally, the temperature differences between outdoor air and indoor air should be kept within 5 degrees," one doctor explains, but we all know that the difference between indoor and outdoor air goes way beyond five degrees of separation.

Although we don't live in Japan, New Yorkers are prime candidates for *natsu bate*, and one way urban dwellers can combat this insidious ailment is by visiting the **iDo Holistic Center** where they can receive a professional consultation, as well as an assortment of Shiatsu (acupressure) and Kampo (Chinese herbs) treatments. "What makes the iDo Holistic Center so unique, is the attention we give to detail throughout the initial consultation," Yuko Nozaki, manager of iDo and certified Chinese Herbologist and accupuncturist, explains. "I can't emphasize enough how important it is to effectively communicate with the people you're treating." From the information collected at this meeting the iDo specialist then goes on to create a formula that suits your needs.

Two weeks after my first consultation, I began a Kampo treatment specifically engineered to help with fatigue issues I'd been battling. Since then, not only have my fatigue issues disappeared, but the amount of sinus attacks I usually experience during seasonal changes has reduced significantly. "*Natsu-bate* should not be taken lightly," Ms. Nozaki notes. "If left unattended, it can lead to dehydration, cramps, and heat stroke," so be smart, drop by the iDo Holistic Center for a consultation. I did, and now I can fully enjoy summertime because without my symptoms, the livin's easy.

—Reported by Sam Frank

iDo Holistic Center
9 E. 45th St., 8th Fl. (bet. Madison & 5th Aves.)
New York, NY 10017
TEL. 212-599-5300 / www.herbjapan.com
Authentic Shiatsu $80 (60 min), Aroma Shiatsu $90 (60 min), Deep Tissue Massage $90 (60 min), Swedish Massage $90 (60 min), Combination Treatments $30(15 min)
The consultation for kampo costs $20 and personalized kampo range from $50 to $150 for two weeks supply.

Shop Guide

The following is a list of shops where you can buy Japanese goods services and art.

Coupon available at www.chopsticksny.com

FASHION

Upper West — Rit'z Kids — Clothing
610 Columbus Ave (bet 79th & 80th St.)
212-724-1415

Upper East — R by 45rpm — Clothing
17 E 71st St. (bet Madison Ave and 5th Ave)
212 737-5545

Upper East — Seigo Accessories — Accessories
1242 Madison Ave (bet. 89th & 90th St.)
212-534-8275

Upper East — SEIGO NECKWEAR — Accessories
1268 Madison Ave (bet 89th & 90th St)
212-987-0191

Midtown East — RLOOM New York — Jewelry
361 Madison Ave (bet 45th & 46th St.)
212-370-0088

Midtown East — Royal Chia — Clothing
635 Madison Ave (at 59th St.)
212-588-0555

Ripplu — Lingerie Shop

Japanese expert in body shaping undergarments with 20 years of experience. Specializes in custom-shaped fits from small 30A to full 40H to enhance body shape. Three-step system gradually reshapes tissue through a series of bras to increase fit naturally.

66 Madison Ave. (bet. 27th & 28th Sts.)
212-889-2223 www.ripplu.com

East Village — ARGOSY — Clothing
328 E 9th St. (bet. 1st Ave. & Ave A)
212-982 7911

East Village — Local Clothing — Clothing
326 E 9th St. (bet. 1st & 2nd Ave.)
212 777-3850

East Village — Tokio 7 — Clothing
54 E. 7th St. (bet. 1st & 2nd Ave.)
212-353-8443

East Village — Tokyo Joe — Clothing
334 E. 11th St. (bet. 1st & 2nd Ave.)
212-473-0724

Lower Mhn — Facial Index — Eyewear
104 Grand St. (at Mercer St.)
646-613-1055

Lower Mhn — Junko Yoshioka — Clothing
500 Broadway 2 Fl (W Broadway & W Houston)
212 226-8302

Lower Mhn — Keon's Closet — Clothing
71 W. Houston St. (Wooster St. & W. Broadway)
212-387-7788

Lower Mhn — Kazuyo Nakano NY — Accessories
117 Crosby St. (bet. Houston and Prince St.)
212-941-7083

Lower Mhn — Madame Killer — Clothing
389 Broome St (bet Lafayette & Mulberry)
212-505-8382

Lower Mhn — Miaka Mintz — Clothing
95 Thompson St. (bet Spring & Broom St.)
212-627-1524

Lower Mhn — Mika Inatome — Clothing
93 Reade St. 2Fl (bet W Broadway and Church)
212-966 7777

Lower Mhn — msg — Clothing
66 Kenmare St. (bet. Mott and Mulberry)
212-334-4032

Lower Mhn — R by 45rpm — Clothing
169 Mercer St. (at Houston St.)
917 237-0045

Lower Mhn — tutu — Clothing
95 Spring St (bet. Lafayette & Mulberry)
212-219-8581

Lower Mhn — UNIQLO — Clothing
546 Broadway(bet. Prince & Spring St.)
917-237-8600

Lower Mhn — Yumak — Clothing
321 1/2 Bleecker St. (Christopher & Grove)
212-807-0100

Lower Mhn — Yohji Yamamoto — Clothing
103 Grand St. (at Mercer St.)
212 966-9085

J-POP CULTURE

Midtown West — Jim Hanley's Universe — Manga
4 W 33rd St (bet. 5th & Broadway)
212-268-7088

Midtown West — Kinokuniya Bookstores — Book
1073 Ave. of the Americas (bet. 40 & 41)
212-869 1700

Midtown West — Midtown Comics — Anime
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The Essence of Kimono vol. 3

Yukata For a Formal Occasion

Yukata is a casual Kimono worn in the summertime often seen at firework festivals in Japan However with a little tweaking, it also can be worn to more formal occasions such as dinner parties restaurants and to the theater There are certain patterns or color combinations that are better avoided for formal occasions so your own judgment becomes very important. For instance, patterns of goldfish and dragonflies that have an immature nuance may not be appropriate as formal wear but if the patterns are small and have a chic mature look, it would be acceptable. The obi (the piece that wraps around the waist) is also an important factor in forming the appropriate image of the yukata. The soft, fluffy heko obi or the half width hanhaba-obi is perfectly fine for a casual look but for formal events it's probably best to use the rigid kimono-style full-width obi. A tabi (special two-toe socks) and juban (undergarment for kimono) will also be needed in this case. Visit Kiteya SoHo for advice

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Lower Mhn **gallery onetwentyeight** — Gallery
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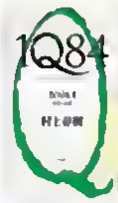
Japanese Book Ranking *(data provided by Kinokuniya Bookstore)*

HARUKI MURAKAMI IS BACK!

HARDCOVER TOP 5 IN JAPAN (6/8-14)

	Book title	Author	Publisher
1.	*1Q84book 1*	*Haruki Murakami*	*Shinchosha*
2.	*1Q84book 2*	*Haruki Murakami*	*Shinchosha*
3	*Tennou-ron*	*Yoshinori Kobayashi*	*Shogakukan*
4.	*Yomesoude Yomena Machigai Yasui Kanji*	*Munekazu Deguchi*	*Futami Shobo*
5.	*Nisemono Gatari*	*NisiOisiN*	*Kodansha*

THE MONTHLY PICK



1Q84BOOK
Haruki Murakami is considered one of the greatest Japanese novelists with numerous fans worldwide. His long-awaited, new novel, 1Q84 (pronounced "ichi-kew-hachi-yon") depicts the year 1984. Unlike George Orwell's Nineteen Eighty Four, which prospects 1984 as a near future world, Murakami prospects the year as "near past." Welcome to the mysterious Murakami world.
(Rank #1 & 2)

PAPERBACK TOP 5 IN JAPAN (6/8-14)

	Book title	Author	Publisher
1.	*Tooi Umen*	*Kaori Kunimoto*	*Hayakawa Shobo*
2.	*Soukoku*	*Yasuhide Saeki*	*Shodensha*
3.	*Juuryoku Pierrot*	*Kotaro Isaka*	*Shinchosha*
4.	*Himawari no Sakanai Natsu*	*Shusuke Michio*	*Shinchosha*
5.	*Shikou no Seirigaku*	*Shigehiko Toyama*	*Chikuma Shobo*

THE MONTHLY PICK

SHIKOU NO SEIRIGAKU
The author of this book, Shigehiko Toyama, is one of the most influential intellects who has written a lot on linguistics, rhetoric, literature and education to name a few. "Shikou no Seirigaku" was written almost 25 years ago and it deals with how people can think effectively and maximize their own ideas and imaginations.
(Rank #5)

PICKS FROM KINOKUNIYA NEW YORK (ENGLISH BOOKS)

DETROIT METAL CITY 1
BY KIMINORI WAKASUGI
Detroit Metal City 1 is a groundbreaking new English manga release with a story roughly inspired by the heavy metal group KISS. Soichi Negishi is a shy and gentle young man who dreams of a career as a pop musician. At the same time he's also Krauser II, front man for Detroit Metal City, an indie death metal band whose popularity increases by the day.

PLUTO 009
BY NAOKI URASAWA AND OSAMU TEZUKA
Volume 9 of Naoki Urusawa's manga is based on Tezuka Osamu's Astro Boy and "The Greatest Robot on Earth" story line. Pluto derives its name from the story's arch villain. A number of Tezuka Osamu characters appear in the series as well including Black Jack, Robita and of course the classic Astro Boy characters made famous in the original series.

Japanese Lesson #20

～ましょう

-mashou

verb 8=Let's-, Shall we-?

Last month, in the special edition of this section you learned three expressions that require complicated grammar. This month, the lesson goes back to its regular style. you'll learn useful expressions with simple grammatical structures. The structure you will learn this time is "verb stem + mashou," meaning "let's —." This expression is used when you invite somebody to do something with you, and it often comes with the phrase, "issho ni" (together) Usually "issho-ni" comes in the beginning of the sentence but it is also fine to use before "verb stem + mashou." For example.

Issho-ni eiga o mimashou
(Let's watch a movie together.)

Barbecue o issho-ni shimashou.
(Let's have a barbecue together)
issho-ni pikunikku ni ikimashou.
(Let's go to the picnic together.)

It is similar to the expression you learned in Lesson #17 "verb stem + masen ka," which means "why don't we —?" but "verb stem + mashou" has a stronger sense of agreement. Look at the conversation between Tatsuya and Nancy, who are deciding where to go for lunch.

Tatsuya: **Chuushoku ni Tai ryouri o tabemasen ka.** (Why don't we eat Thai food for lunch?)
Nancy: **Ii desu ne. Demo Tai ryouri resutoran wa kinjo ni arimasen** (Sounds good But there is no Thai restaurant in our neighborhood.)

Illustration by Ai Tatehayashi

Tatsuya: **Dewa Mekishiko ryouri wa dou desu ka** (How about Mexican food?)
Nancy: **Amari suki dewa arimasen. Betonamu ryouri ga tabetai desu.** (I don't like it very much I want to eat Vietnamese food.)
Tatsuya: **Sansei desu. Betonamu ryouri resutoran ni ikimashou.** (I agree Let's go to the Vietnamese restaurant.)

As seen in this example, you can always omit "issho-ni."

NEW WORDS
issho-ni together, **chuushoku** lunch
kinjo neighborhood **sansei** agreement, approval

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School Guide

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Upper East — Musical Kids International — Japanese
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124 E. 40th St. #203 (bet. Park & Lex. Ave.)
212-697-8374

Midtown East — ibec language institute, inc. — Japanese
369 Lexington Ave. #300 (bet. 40 & 41st St.)
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212-808-4754

Midtown East — Rennert New York — Japanese
215 E. 45th St. 17th Fl. (bet. 2nd & 3rd Ave.)
212-867-5700

Chelsea — ABC Language Exchange — Japanese
135 W. 29th St. #1204 (bet. 6th & 7th Ave.)
212-563-7580

Chelsea — NY Japanese Language — Japanese
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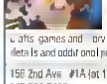
646-345-6777

Chelsea — Tenn — Japanese
43A W. 13th St. (bet. 5th & 6th Ave.)
212-645-2800

East Village — NYCNOA — Japanese

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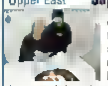
Upper East — Japanese Study Hall NY — Japanese

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HIDEYO NOGUCHI (1876-1928)

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142 W. 19th St. 2nd FL (bet. 6th & 7th Ave.) 212-242-6246 — **Aikido**

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77 8th Ave. Lower Level (at 14th St.) 212-691 1378 www.shinbudokai.org — **Aikido**

Chelsea **Shorinji Kempo NYC**

151 W.26 St 4Fl (bet. 6th & 7th Ave.) 917 721-4729 — **Karate**

Chelsea **Tiger Schulmann's**

35 W. 19th St. (bet. 5th Ave. & Broadway) 212 727-0773 — **Mix**

Chelsea **U.S. Budo Kai-Kan**

110 W. 14th St. 2 Fl. (bet. 6th & 7th Ave.) 212-807 7336 — **Karate**

Chelsea **World Oyama Karate**

35 W. 31st St. 4Fl. (bet. 5th Ave. & Broadway) 212 629-9709 — **Karate**

Chelsea **World Saida Karate**

61 W. 23rd St. 2nd Fl. (bet. 5th & 6th Ave.) 212 924-0511 — **Karate**

West Village **New York Jiu Jitsu**

666 Broadway Lower Level (at Bond St.) 212 343-0310 — **Jiu Jitsu**

East Village **Karate Honma Dojo**

64 E. 4th St. (bet. 2nd Ave. & Bowery) 646-438-0057 — **Karate**

East Village **World Kamaihai Karate**

4 W. 16th St. 3rd Fl. (at 16th St.) 212-477-7228 — **Karate**

Lower Mhn **Ken Zan Institute**

54 Thomas St. (bet. Church & W.Broadway) 212 406-6104 — **Kendo**

Brooklyn **Aikido of Park Slope**

565 5th Ave. (at 15th St.) 718-788-6932 — **Aikido**

Brooklyn **Japan Karate Assoc**

565 Fifth Avenue (at 16th Street) 718-768-8345 — **Karate**

Queens **School of Taijutsu**

475 Onderdonk Ave. Ridgewood, NY 11385 917-446-7035 — **Mix**

Long Island **NY Sen Ten Karate**

1370A Majors Path Southampton NY 11968 516-903 1448 — **Karate**

New Jersey **Ridgewood Karate School**

30 Cottage Pl. Ridgewood NJ 07450 201-447-2272 — **Karate**

OTHER

Upper East **Suori Weaving Arts**

227 E. 67th St. (bet. 2nd & 3rd Aves.) 212 722-2898 — **Other**

Midtown West **Mud, Sweat and Tears**

A renowned pottery studio n Hell's K tchen s offer ng wheel and hand bu ld ng classes in 10-week terms. Students of all levels are welcome to work in our friendly, clean and productive atmosphere. Studio access is also ava lable to potters not taking classes

654 10th Ave. (at 46th St.) 212 974-9121 www.mudsweatandtears.com — **Pottery**

Midtown West **The Nippon Club**

145 W. 57th St. (bet. 6th & 7th Ave.) 212 581-2223 — **Dance**

Midtown West **The School for Strings**

419 W. 54th St. (bet. 9th & 10th Ave.) 212 315-0815 — **Music**

Chelsea **CDBU**

69 W. 14th St. 3Fl. (bet. 5th & 6th Ave.) 917 304-2722 — **Japanese Drum**

Midtown West **Tohoshoji (New York) Inc.**

Toho Shoji, the largest jewelry supply retailer, wholesaler and author of Swarovski crystal dealer, offers jewelry making classes for amateurs to professionals. Classes in private or groups are available for your needs. Advance deposit required to reserve a spot

950 6th Ave. (bet. 36th & 37th St.) 212 868-7465 www.tohoshoji-ny.com — **Jewelry Making**

Midtown East **Lavendar Laser Cosmetics**

Offers 8 wk cosmetic laser workshops for career upl Learn effective techn ques for hair removal, wrinkles, wh ten ng, acne and skin pigmentations. The certificate will be issued upon completion. Tuition is reduced to $1,500 for Chopsticks NY readers

18 E. 41st St. 1st Fl. (bet. 5th & Madison Ave.) 212-683-0041 www.41street.com — **Laser Cosmetics**

Chelsea **Sachiyo Ito & Dance Co**

405 W.23 d St.#4G (at 9th Ave.) 212 627-0265 — **Dance**

Lower Mhn **Dessert Cafe LUXEE**

9 Clinton St. (bet. Houston & Stanton Sts.) 212-375-1786 — **Cooking**

Queens **Nosho-kai Ryukyu Buyo**

242-17A Oak Park Dr. Queens, NY 11362 718-631-2837 — **Dance**

Queens **The Arts Cure Center**

33-24 Northern Blvd. (bet. 33rd & 34th St.) 718-729-3568 — **Dance**

Long Island **Japanese Cooking Studio**

Mamie@JapaneseCookingStudio.com 516-297-4761 — **Cooking**

Charms in Japan -Vol.3-

Teru Teru Bozu

If you would want to wish tomorrow to be fine, what would you do? In Japan, people hang Teru Teru Bozu, a white doll which looks like a Marshmallow Man, under the eaves for wishing a fine day. Teru Teru Bozu doll is easily made, and even small kids can do it. Wad up the cotton (or soft tissue paper) to make the head of the doll and place it in the center of a square cloth. Then, wrap the cotton (or tissue) ball in the cloth and tighten it with thread or ribbon to make the neck. Finally, draw eyes and a mouth on the head. Although there is no scientific proof of the doll's power, children often make it before their school trip or field day.

Courtesy of Bruxo Nishimura / http://members.at.infoseek.co.jp/bruxo/
Illustration by Mikako Kanno

event entertainment leisure

TRAVEL
KAPPA BASHI: WHERE JAPANESE COOKING STARTS

BUSINESS INTERVIEW
JUNKI YOSHIDA (C.E.O. OF YOSHIDA GROUP)

ENTERTAINMENT INTERVIEW
JUN SUENAGA (ACTOR)

WHAT ON EARTH
DOYOU-NO-USHI

CALENDAR
EXHIBITION
PERFORMANCE
LECTURE / FORUM / FILM / FESTIVAL
EVENTS
HAPPENINGS

KAPPA BASHI:
Where Japanese Cooking Starts

Traveling to other countries is often an opportunity to find out the background of their culture. As the Japanese culinary scene thrives around the world, the behind-the-scene of Japanese cooking is one of the great discoveries from a trip to Japan. Seeing the world famous Tsukiji fishmarket and sushi restaurant kitchen is one thing, but shift your perspective to the tools they use, and you'll discover that in one small district, in the middle of the populous district in downtown Tokyo is where all the secrets are hidden

Kappa Bashi is known for kitchen tool stores and whole sellers among professionals, even among non professionals, and cooking fanatics, but recently, tourists looking for something Japanese that upgrades their daily life. Kappa Bashi Dori Street stretches nearly a half mile with over 150 stores selling anything for kitchen and food business – plates, pots cutleries, aprons, signs and you name it. As opposed to touristy Asakusa, where the famous Sensoji Temple stands just a few blocks away, Kappa Bashi crowds are those who work in culinary industry, looking for the best cooking tools for their kitchen and restaurant interior. Of course, the stores are open to the general public, and there is enough amusement just to window-shop these stores. You will literally find every kitchen gadget in every imaginable size, color and quantity

The beginning of this kitchen tool street was believed to be back in 1912, when there were only a few stores selling used kitchen tools and hardware around the central intersection of today's Kappa Bashi area. The south end of the area at the Kikuya-Bashi intersection, is where a gigantic chef statue on top of a corner building greets visitors to this kitchen gadget wonderland. This building houses Niimi store, which carries tableware, kitchen tools, cutleries plates and cooking machines. Opened in 1907 as one of a few stores when Kappa Bashi district started, Niimi's selections are just as big as the statue on the roof top.

Once passing the chef statue, the line of unique and characteristic stores starts. It is estimated to take at least three hours if you hop in every store, but it is worth trying to see almost all of them because each store has its own specialty, such as rice cooking pots, serving trays and kettles, and most of them come in an unusually large size. You would wonder who would buy this and for what purpose, but over the years, these large-sized items find new owners. Each item comes in various sizes, materials and qualities, and customers take the best for their own usage. Some items are extremely expensive because of the quality of materials, but people looking for the highest level of cooking would be willing to pay no matter what. Reflecting Japan's very rich and superior level of food scenes and varieties of styles from all over the world, Kappa Bashi features cooking tools of any kind, Japanese, Korean, Chinese, French, Italian, Thai and so on. Kappa Bashi provides the complete creativity and freedom of choice of cooking ware

The recent waves of foreign visitors have brought creative ideas for souvenirs. At a store specializing in decorative lanterns that are often seen in front of counter restaurants for yakitori (skewered chicken), they receive custom orders of lanterns with customers' names on them as a Japanese memento. Professional chef's aprons and gowns are also popular purchases among foreigners because of the traditional Japanese prints and cool-looking calligraphy sign design, not to mention the strong fabric and sewing quality

The most famous is the food samples. Almost everybody who goes to a restaurant in Japan would remember the showcase of food samples at the entrance, and many who travel to Japan recognize this as one of the most unique things about Japan. In recent years, stores in Kappa Bashi that carry food samples are busy with foreign travelers looking for something "very Japanese." All the samples are made of plastic, but samples look so real that you would almost smell food or see smoke as if it is fresh from the grill

For an unusual experience and new discovery of Japanese daily life and the secret of good Japanese food take a side trip from the busy tourist area of Asakusa to Kappa Bashi. Take Tokyo Metro Ginza Line to Tawaracho Station, which is only a 5 minute walk to this kitchen gadget wonderland

— *Non Akashi* : Public Relations Manager at the New York Office of JNTO

JNTO Yokoso! JAPAN

Japan National Tourism Organization
New York Office

One Rockefeller Plaza, Suite 1250 New York, NY 10020
TEL 212-757-5640 www.japantravelinfo.com

The Tale of
Shuten Dōji

A magical tale of a monster, samurai, and sake

Through September 20
Sackler Gallery

Smithsonian
Arthur M. Sackler Gallery
1050 Independence Ave. SW
Washington, DC 20560
Metro: Smithsonian
202.633.1000 | www.asia.si.edu

The Tale of Shuten Dōji has been made possible with the generous support of the Anne van Biema Endowment Fund. Detail of fan design, F1966.42, © Smithsonian Institution

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ICHIYO HIGUCHI (1872-1896)

Ichiyo Higuchi is considered to be the first professional female writer in modern Japanese literature. Born in Tokyo into a samurai lineage, Higuchi started showing literary talent when she was a very small child. Her short life however was full of hardship. After her father failed in business, Higuchi's family suffered from poverty. When she was 14, her elder brother died, and just one year after that, her father passed away. Afterwards, her engagement was canceled because of her family's finances. Higuchi became the head of her family when she was 17. While her mother and sister earned money by sewing, she supported the family by writing stories. Her first novel was published when she was 20. Before she died at 24 from tuberculosis, she wrote excellent novels, essays, and poems, including *Takekurabe*, *Nigorie*, *Otsugomori* and *Jusanya*. In 2004, the Ministry of Finance issued a 5000-yen banknote with Higuchi's portrait. She is the third female to appear on a Japanese banknote.

Business Interview

USE YOUR ENERGY OF "GOD DAMN IT!"

It was about 40 years ago when he arrived in the United States from Japan with a handful of dollars. Junki Yoshida truly is the American Dreamer, as he went on to establish the Yoshida conglomerate of 18 global companies, including Yoshida Foods International, OIA Global Logistics, The Riverview Restaurant, and Prison Blue. Prior to his lecture in New York on June 30, he chatted with *Chopsticks NY*.

First of all, what is your driving force?

There is one phrase that I love most from childhood: "God damn it! Watch me." These words are my driving force. I believe that what we speak out loud comes from our own thoughts, and the words have energy. So the stronger the thought or the will is, the more energetic you can be. The energy resonates with the people around you. I think people can achieve their goals with the support of the people around them. If the energy you give off is strong enough to be reverberated by the people around you, you will naturally get enough help. The stronger the energy, the better...but if a person swerves from this principle and sends halfway energy or will, the person cannot accomplish 99% of what he or she wants. In this economic turmoil, it is time for people to learn how to give off their energy more seriously. If they do that, the best way will be shown to them in some way or another. Again, the stronger the will, the better. I suggest a person go for the goal wholeheartedly, so much that he or she is even told, "That's crazy."

You have taught karate for a long time. I believe teaching karate plays an important role in your life.

Yes, a great deal, indeed. The previous Governor of Oregon is my karate pupil. This year is the 40th anniversary of my arrival in the United States. The karate organization that I belong to will hold a celebration for me, and the current Governor, the Secretary of State, and the Secretary of the Treasury are among the many guests. I know all of them through my karate connection. I taught karate very seriously, and I'm proud that I did not become blind about it. What I mean by this is that many Japanese budo teachers in the United States have a tendency to lose their cool because their pupils worship them so fanatically. Hearing, "sensei, sensei," makes them paralyzed. They become unable to judge correctly. And to make the matter worse, they become vain. I would say the worst enemy of business is vanity. Vanity destroys everything. Decisions based on how it may look and those based on what's best for the company lead to different answers, as you know.

Your business field is really diversified. Would you tell me why you are so brave to embark on businesses you are not familiar with?

It's often been said in Japan that diversified business is not what professionals do. However, in the real world, that is not always true. Suppose you run several companies in a similar field and one of the companies fails. One crash would affect other related businesses, and ultimately they would be all gone. The reason why I established this business model is that it makes it easier to think about which positions I can transfer the employees of a failed company to in the other. It's not a money game, after all. Fundamentally, the person who can sell Yoshida sauce can also sell water and computers. One talented person can do many other things. What's important is the ability of the individual. What we have to do as leaders or owners is to guide those talented individuals. If you are not an expert on the business you are entering, all you have to do is hire professionals in the field. It does not go so well if a business owner knows everything.

You are deeply rooted in your home territory, Oregon. What does it mean to you to be rooted in the local community?

The important thing is what you can return to your community. It is one type of energy. It's another type of energy when a person wishes to be a president of a company in order to drive a Benz and show off what he has. But in my case, it's better put "God damn it—thank you so much for your support!" None of my family has ever suffered from cancer. I'm really grateful for this. Then I became a

member of the board of the Children's Cancer Association. It's sort of "counter God-damn-it energy." If you take a look around, you'll definitely notice that you receive care or kindness from everybody everywhere. I swear that the power of will to return the kindness you receive, is tremendous. I call it "positive revenge." Revenge is the most horribly powerful energy that the human has. To convert hateful revenge into positive revenge energy—that is what you should do.

——Interview by Noriko Komura

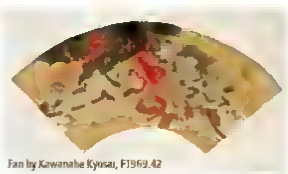
Junki Yoshida Lecture

@ Marriott New York East Side
(525 Lexington Ave.)
June 30, 2009

Ticket info: 646-234-6060
okuda@trendpot.com

Exhibition

Through September 20
The Tale of Shuten Doji
Smithsonian Institution
Arthur M. Sackler Gallery
The tale of the conquest of the monster Shuten Doji by the hero Minamoto Yorimitsu (948–1021) was retold by many Japanese artists during the Edo period (1615–1868). This popular tale appeared in works commissioned for elite patrons as well as in widely-available printed books. This exhibition will explore modes of visual narration through the museum's exceptional collection of works illustrating the Tale of Shuten Doji. For the first time since their acquisition for the collections of the Freer Gallery of Art and Arthur M. Sackler Gallery, this exhibition will display together two sets of hand-scrolls, a pair of screens, sketches for a set of fan paintings by Kawanabe Kyosai and book illustrations by Hokusai and other artists, together with paintings from private collections.
Location: 1050 Independence Ave, SW
Washington, DC 20013-7012
TEL. 202-633-1000 / www.si.edu


Fan by Kawanabe Kyosai, F1969.42

Through July 13th FREE
"Togei in NY" Ceramics Exhibition by Two Artists
Togei Kyoshitsu of NY
Two ceramicists, Mako Nishimori, owner of Togei Kyoshitsu of NY, and her daughter Lisa, will hold an exhibition in the Michi Gallery on the Upper East Side. They will bring their recent works created under the theme of "Nature—Conversation with Clay." They employ several techniques such as "zougan" and "narikomi" and maximize the color and texture of original clay. All works are on sale, prices ranging from $10 to $500. Gallery closes on Sun. & Mon.
Location: Michi Gallery
206 E. 60th St. (bet. 2nd & 3rd Aves.)
New York, NY 10022
TEL. 212-752-9229

Through July 15 FREE
Scenes of Childhood: Sixty Years of Postwar Japan
Japan Information & Culture Center, Embassy of Japan
Scenes of Childhood: Sixty Years of Postwar Japan is an exhibition of 100 photographs documenting the daily lives of Japanese children since the end of the Second World War. Carefully chosen from over 30,000 works by the Japan Professional Photographers Society, these images skillfully capture the countless expressions, intense vitality, and simple joys of children. From scenes of a country recovering from the ravages of war, to those of a nation catapulted to industrial growth and material abundance, Scenes of Childhood is a visual postwar history not only of Japanese children, but of the times and places in which they lived. Each image illuminates the immense change Japan has undergone over the past 60 years, instilling a deeper understanding of the country and its people. The exhibit features works from 97 critically acclaimed artists including Ken Domon, Ihei Kimura, Tadahiko Hayashi, Takeyoshi Tanuma, Kishin Shinoyama, and Nobuyoshi Araki.
Location: Lafayette Centre III (Mall Level)
1155 21st NW, Washington, D.C. 20036
www.us.emb-japan.go.jp/jicc

July 2 Through September FREE
"The New Ceramics Laboratory" Exhibition
Ippodo Gallery
Ceramic potter, Aoki Ryota has been influenced from the structural beauty of Lucie Rie's work, from the ultra thin-walled porcelains of Taizo Kuroda and from the creations of historical potters such as Koetsu inspiring him to create contemporary ceramics – "ima-yaki" ("Today's Ware"). In his first exhibition, Ippodo Gallery will display a multi-faceted view of Aoki's experimentations with different clays, textures, glazes, techniques and sizes. Interest in Aoki's unique influences and story is such that a Japanese TV-documentarian has been chronicling his life, and this New York exhibition will be filmed as the final segment. Opening reception will be held on July 2 from 6 to 8pm.
Location: 521 W. 26th St. (bet. 10th & 11th Aves.)
New York, NY 10001
TEL. 212-967-4899 / www.ippodogallery.com

Lecture/Forum/ Film/Festival

August 12
Film Screening: YASUKUNI
Film Forum

Courtesy of The Film Library

When Japan's Prime Minister Koizumi insisted that his visits to the Yasukuni shrine were a purely personal matter, he unleashed an international furor. Established in 1869, the shrine houses 2.5 million Japanese war dead, including WWII "class A war criminals," among them General Tojo, and others sentenced to death at the Tokyo Trial (Japan's Nuremberg). Visitors to Yasukuni include still-militant

Japanese nationalists as well as outraged protesters from China Taiwan Korea and Okinawa Chinese filmmaker Li Ying doesn't pull his punches He includes archival images of a "100-man beheading contest" between Japanese officers as well as a fascinating contemporary interview with a 90-year-old craftsman, who continues to forge Yasukuni swords used in these and other atrocities

Location: 209 W. Houston St. (6th Ave. & Varick St.)
New York, NY 10014
TEL. 212 727 8110
www.filmforum.org

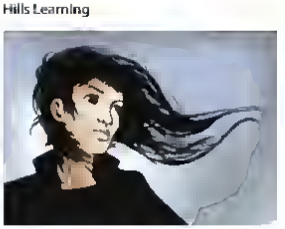
Events

June 30
Taste of Japan "It s Bento Night"
New York Mutual Trading / Japanese Culinary Center

New York Mutual Trading which distributes food ingredients and products, cutlery, kitchen utensils, etc , has just opened the Japanese Culinary Center in order to promote Japanese food culture To celebrate the opening, they will hold a food event featuring bento Japanese lunch box using ingredients they distribute in the U S You will experience a variety of sakes that will complement their bento box, served with tasty desserts to finish The fee for this event is $25 and seats are limited to 25 people

Location: 711 3rd Ave. (on 45th St.), New York, NY 10018
TEL. 212 611 3333
japaneseculinarycenter.nyc@gmail.com

July 10 FREE
Anime Course and Orientation
Hills Learning



Hills Learning a company that specializes in Japanese language and culture instruction, will hold a free sample Japanese lesson that focuses on anime from 10am to 12pm on July 10. During the first 90 minutes participants enjoy a Japanese lesson and activities, a 30-minute Q&A session will follow Watch anime learn some key phrases as shown in the episodes, and do some fun activities This course also serves as an orientation and "meet the teacher" event for the actual "Anime Immersion Course" that will be taking place from July 15 to Aug 15 The course consists of three weeks of intensive Japanese that focuses around anime The fourth week they will travel to Japan and explore the birthplace of this magnificent art!

Location: 900 Fulton St. (bet. Waverly & Washington Aves.),
Brooklyn, NY 11238
jan@hillslearning.com
www.hillslearning.com

July 12 FREE
Japan s Star Festival Tanabata
Japan Society
A child-friendly theatrical performance introduces Japan's famous Tanabata legends (Hikoboshi and Orihime) in an interactive setting with songs and dance by performers from Theatre Arts Japan-KIDS- Afterward, participants will make paper ornaments and their own traditional tanzaku, thin paper strips to write wishes on and to hang on

Event Feature

Through July 5

New York Asian Film Festival

Through July 2
IFC Center
323 Sixth Ave (at West 4th St), New York, NY 10014
From July 1-5
Japan Society
333 E. 47th St. (bet. 1st & 2nd Aves.), New York, NY 10017

The 8th annual New York Asian Film Festival is once again showcasing a tour de force of some of the very best Asian films from 2008! The following is the list of Japan-related films and events during the festival

@ IFC Center
June 24 CHILDREN OF THE DARK
June 25 PLASTIC CITY
HOUSE with video message from director Nobuhiko Obayashi
June 26 SNAKES AND EARRINGS
VAMPIRE GIRL vs FRANKENSTEIN GIRL with director Yoshihiro Nishimura and action director Tak Sakaguchi in attendance
YDRDI SAMURAI ZDMBIE with director Tak Sakaguchi in attendance
Pink Film Double Feature #2 BLIND LDVE and GRDPER TRAIN WEDDING CAPRICCIO with BLIND LDVE director Daisuke Goto in attendance
HARD REVENGE MILLY (120) with Yoshihiro Nishimura in attendance
June 27 FISH STORY
BE A MANI SAMURAI SCHODL with director/actor Tak Sakaguchi in attendance
TDKYD GDRE NIGHT event! Celebration of Naburo Iguchi's birthday with Yoshihiro Nishimura, Tak Sakaguchi and other guests in attendance
June 28
GEHARA
MDNSTER X STRIKES BACK
PRIDE
LALAPIFD
June 29
BE A MANI SAMURAI SCHDOL with director/actor Tak Sakaguchi in attendance
VAMPIRE GIRL vs. FRANKENSTEIN GIRL with director Yoshihiro Nishimura and action director Tak Sakaguchi in attendance
CHILDREN DF THE DARK
June 30 K-20 LEGEND DF THE MASK
SAMURAI PRINCESS with Yoshihiro Nishimura in attendance
HARD REVENGE MILLY with Yoshihiro Nishimura in attendance
CLIMBERS HIGH
July 1 THE CLONE RETURNS HOME
WHEN THE FULL MODN RISES
DREAM
July 2 CLIMBERS HIGH
CAPE No. 7
SNAKES AND EARRINGS

@ Japan Society
July 1 VACATION
THE MAGIC HDUR
July 2 FISH STORY
ALL AROUND US
July 3 VACATION
LDVE EXPDSURE with director Sion Sono in attendance
July 4 20th CENTURY BOYS
20th CENTURY ROYS THE LAST HDPE
July 5 THE MAGIC HDUR
ALL AROUND US
PRIDE
BE SURE TO SHARE with director Sion Sono and actor Eiji Dkuda in attendance

bamboo branches Recommended for children ages 3-10 and accompanying adults Space is limited Advanced ticket purchase is highly recommended

Location: 333 E. 47th St. (bet 1st & 2nd Aves.)
New York, NY 10017
TEL. 212 715 1258
www.japansociety.org

July 23-26 FREE
Kyushu-Okinawa Food & Product Festival
Mitsuwa Marketplace
The southernmost part of Japan Kyushu and Okinawa, are reservoirs of unique foods and products Mitsuwa Marketplace in New Jersey, will gather lots of selected mouthwatering foods from the area Some highlights are Pai Nama Pudding from Kikuya, Roll Cake produced by Iron Chef Hiroyuki Sakai, kamaboko (fish cake) from Suginaga, Saba-zushi (mackerel sushi) from Hiranoya A specialty in Hakata area, mentaiko (cod roe) will be sold by weight. You will also be able to enjoy freshly made ramen and freshly fried Okinawan Doughnuts Mitsuwa shuttle bus runs from Port Authority every hour on weekdays and every 30 minutes on weekends

Location: 595 River Rd., Edgewater, NJ 07020
TEL. 201-941-9113
newjersey@mitsuwa.com

July 23, 24, 30 and 31
All-You-Can-Eat Event Introducing New Summer Sweets
Dessert Café LUXEE
Dessert Café LUXEE serves seasonal sweets and is introducing new sweets for the summer season beginning in June Celebrating this customers can enjoy the new sweets as much as they want for $20 There are six time slots (7/23 from 7pm, 7/24 from 12-2pm and from 7pm 7/30 from 7pm, 7/31 from 12-2pm and from 7pm) you can enjoy this special offer and seating is limited to 24 people each During this all-you-can-eat event, their chef will make crepes suzette right before your eyes. Reservation required

Location: 6 Clinton St (bet. E. Houston & Stanton Sts.)
New York, NY 10002
TEL. 212 375 1796www luxeenyc.com

Happenings

Discount for Chopsticks NY Readers on New Healthy Lunch & Dinner Course
HAKUBAI Japanese Restaurant
HAKUBAI an elegant Japanese restaurant famous for serving authentic kaiseki has introduced a special lunch and dinner Kenbiizen Exclusively for Chopsticks NY readers, they offer the dish for $35 (Reg. $39) at lunchtime and for $50 (Reg. $55) at dinnertime until the end of July Particularly formulated for health and beauty, each dish of the course has a nutritional theme 1st appetizer is mineral and iron 2nd appetizer is beautiful skin, blood circulation DHA, and collagen Entrée is nutrient supplement and dessert is healthy digestion and vitamin C To redeem this offer please mention you are a Chopsticks NY reader

66 Park Ave (at 38th St.), New York, NY 10016
TEL. 212-885-7111
www.kitano.com

Free Gift With New Skin Moisturizing Lotion
Dr CeLabo
Just in time for summer Dr CeLabo is introducing a new skin-moisturizing product called Aqua-Collagen Moist-

Event Feature

July 31st

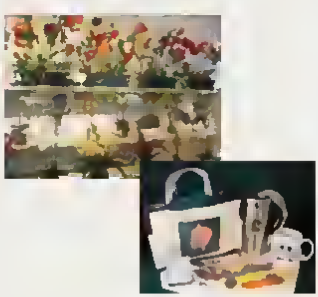
3rd Anniversary Sale & Party

Terry May Concept Flowers

Refreshing your mind, healing your heart, and uplifting your mood –flowers always make you happy Terry May Concept Flowers, a unique flower shop that specializes in custom-design artificial flower arrangements, have presented happy moments to customers by providing non withering flowers This July is their third anniversary and they will hold an anniversary party on July 31st It's open to the public and anybody can just pop in At the party they will also introduce new summer designs and will offer them at amazing sale prices The party starts from the opening of the store at 9am and will continue until closing time at 8pm Appetizers & champagne will be served after 3pm

Also, their annual sale will continue two months from July 1st through August 31st, where you can buy all artificial flowers at discounted rates from 20% to 70%

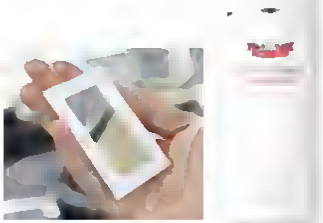
In addition during these celebration months (July and August), special Terry May gifts will be given to those who open corporate accounts which allow all employees of the business to receive further discounts once enrolled Those who make purchases during this period are also eligible for this offer



Location: 153 E. 53rd St. (bet. Lexington & 3rd Aves.)
Citigroup Center Atrium - 1st Floor
New York, NY 10022
TEL. 212-888-0303 / www.terrymayny.com

Lotion, made with special ingredients to help keep your skin healthy and revitalized. Starting July 8, you will be able to receive an original hand mirror with each purchase, while supplies last. Summertime is definitely the most harmful season for your skin, be sure to keep it well-balanced and moisturized.

Location: Takashimaya New York (693 Fifth Ave., New York, NY 10022)
TEL: 212-944-1559 / media@cilabeauty.com
www.cilabeauty.com



10% Discount for Spa Treatments in July

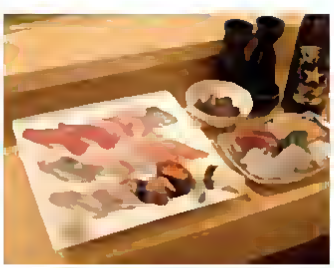
Supple Spa

From July 1 through July 31, Supple Spa is offering a special 10% discount for all Chopsticks NY readers. Supple Spa's recommended treatments include: Couples massage (60min for $130, 75min for $150, 90min for $180), and Royal Bath treatment (90min for $150 single / 90min for $300 couple) which includes an aromatherapy massage followed by a dead sea salt scrub and 30 min massage while taking a rose petal bath at the end.

Location: 55 W. 19th St. 2nd Fl. (bet. 5th and 6th Aves.)
New York, NY 10011
TEL: 212-929-5948
www.supplespa.com

Two-Year Anniversary Campaign: Special Discount Deal for Two

Koito Sushi



The hideout sushi place on the Upper East Side, Koito Sushi, will celebrate their two year anniversary with a special deal for customers. The anniversary set for two includes 22 pieces of nigiri, 12 pieces of sashimi, an appetizer, a big bottle of beer or one cold sake plus Koito special curry for take out. This gorgeous set costs only $45. Enjoy the special deal with your friends, partner and family. The offer ends the end of August.

Location: 310 E. 93rd St. (bet. 1st & 2nd Aves.)
New York, NY 10128
TEL: 212-426-1216

Learn Laser Technique: Reduced Tuition for Chopsticks NY Readers

Lavender Laser Cosmetics

Conveniently located in Midtown within 41st Street HealthCare, a laser aesthetic salon, Lavender Laser Cosmetics, teaches effective laser techniques for hair removal, wrinkles, whitening, acne and skin blemishes. They now offer 8-week cosmetic laser workshops where students will be issued a certificate upon completion. For Chopsticks NY readers, the tuition is now reduced to $1500 (reg. $3,000). Offer ends on July 30th.

Location: 18 E. 41st St. (bet. Madison & 5th Aves.)
New York, NY 10017
TEL: 212-683-0041

For Naturally Blown, Lighter Hair--Introducing Soft Relaxers

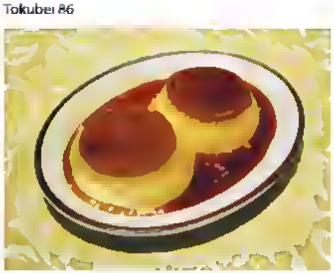
Yui Salon

Japanese hair salon in the West Village, Yui Salon, is now introducing a service using soft relaxers. It softens your hair from inside and is effective in reducing volume and keeping a natural wave. The Japanese staff in the salon take good care of handling your hair, and thanks to the quality soft relaxers, you can get silky, healthy hair, which is blown naturally in a wind. Also, the salon will offer a 15% discount on the combination of hair cut and anti-aging treatment.

Location: 323 W. 11th St. (Bet Greenwich & Washington Sts.)
New York, NY 10014
TEL: 212-647-9303
www.yuisalon.com

New Homemade Dessert at Homey Restaurant

Tokubei 86



Locals' favorite Japanese Restaurant on the Upper East Side, Tokubei 86, is now introducing homemade dessert, custard pudding. Like many Japanese sweets, the sweetness is reduced and this makes its rich and smooth texture stand out. The flavor reminds you of something mom would want to make, and $3.25 for two pieces is an unbeatable price.

Location: 314 E. 86th St. (bet 1st & 2nd Aves.)
New York, NY 10028
TEL: 212-628-5334

Discount for Pottery Class in July

Mud, Sweat, and Tears

Mud, Sweat and Tears is a well-known pottery studio in Hell's Kitchen, Manhattan that offers 10-week Wheel and Hand-building classes. For their new July 5 through September 13 class term, they are offering a 10% discount to all Chopsticks NY readers who register for the class. New students can be accepted for this term until July 12 and will still be eligible for the discount. Be sure to mention Chopsticks NY to take advantage of this special offer.

Location: 654 10th Ave. (at 46th St.)
New York, NY 10036
TEL: 212-974-9121 / www.mudsweat-tears.com

Special Discount at New Yakitori Restaurant

Yakitori 39

Yakitori specialty restaurant, Yakitori 39, has a wide selection of yakitori with a twist such as duck breast and lamb chop yakitori, and also a fine selection of appetizers that include cold tofu dishes, Japanese style salads, and the Chef's famous French desserts. They just opened their doors in New Jersey and as a welcoming gesture, are now offering all Chopsticks NY readers a 10% discount off of the entire bill! This offer is valid until July 31, and remember to bring this article along to receive this special discount.

Location: 252-254 DeGraw Ave.
Teaneck, NJ 07666
TEL: 201-692-0700/1002

Japanese Futons and 1/2 Off Shipping Discount

J-Life International

Finally, true Japanese futons are available in the United

States! Unlike typical futons sold in American mattress stores, the J-Life futon stays true to traditional Japanese designs with a mattress composed entirely of 100% Japanese cotton fabrics without applying any foam or innersprings. Ongoing through September 9, J-Life International is offering 1/2 price shipping for Chopsticks NY readers on their first order. To take advantage of this special offer, enter the coupon code "Chopsticks" at the checkout, and be sure to visit their website to browse through their wide selection of authentic Japanese products.

Info: TEL: 1-866-993-9291
www.jlifeinternational.com

Pair Tickets Present for Film Off Jackson Avenue

Off Jackson Avenue

On July 18th, 5 lucky couples of Chopsticks NY readers will be invited to the evening screening of *Off Jackson Avenue*. (Related article is on page 62-63) To apply, email offjacksonavetickets@gmail.com with your name and phone # by July 14th. The winner will be notified by email.

Info: www.offjacksonavenue.com

An Eastern Medicine Check Up For Your Body

iDo Holistic Center

Analyzing health conditions from the Eastern medicinal point of view opens a whole new horizon to approaching your own body. Ido Holistic Center provides a check up and consultation service from the Eastern herbal medicine viewpoint. Also called "kampo", Eastern herbal medicine is effective for physical and mental problems unique to females such as PMS, menopause, fibroid, sterility and is helpful for migraines, allergy and constipation as well. Until the end of July, they are offering a 30-minute check up and consultation session for $20 (reg. $80). Along with the check up, they will advise you on your diet plan and make suggestions for lifestyle improvement. You may purchase the herbal medicine they suggest on-site.

9 E. 45th St., 8FF (bet. 5th & Madison Aves.)
New York, NY 10017
TEL: 212-599-5300
www.herbjapan.com

In-Store Events for July

Kinokuniya Bookstore

On July 3, in conjunction with the New York Asian Film Festival, actor Eiji Okada and film director Sion Sono will visit Kinokuniya. On July 4, a Beading Crafts Workshop with Carol Cypher will be held, and on July 12 Uruma Delvi Anime Day will be held with NHK children's animators, Uruma Delvi. A Magic 2010 tournament, part of "Magic: the Gathering" game play, is scheduled on July 19. Finally the regular program, O Hanashi Kai by Lyceum Kennedy school will take place on July 13.

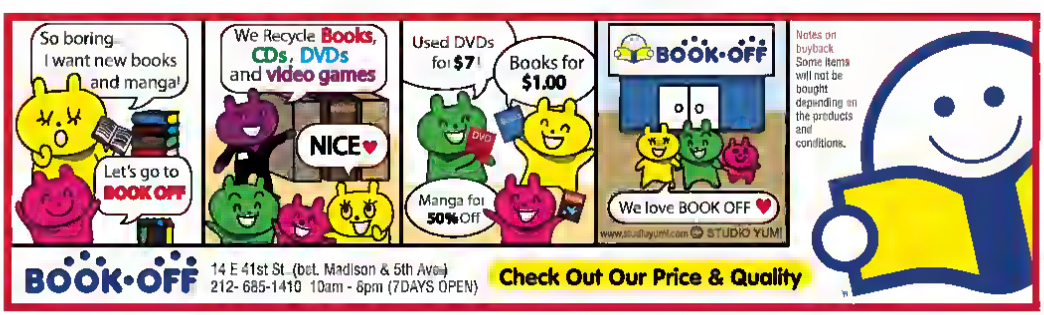
Location: 1073 Avenue of the Americas (bet. 40th & 41st Sts.)
New York, NY 10018
TEL: 212-869-1700
www.kinokuniya.com

15% off All In-Stock Chinaware and Kitchenware

Seito Trading, Inc.

Japanese owned Seito Trading has been supplying fine Japanese kitchenware products for professionals and home use since 1990. They are offering 15% off all in-stock chinaware and kitchenware items through July 31. If you are looking for Japanese knives, they have Antsugu, Sakai Takayuki, Tojiro, Susin, Nenox and more at 10% off. For a recommendation, please ask Mr. Otomo, owner of the company. Free parking is available.

Location: 52-15 11th St. (at 53rd Ave.)
Long Island City, NY 11101
TEL: 718-472-5413
www.sushi-knifes.com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Some items will not be bought depending on the products and conditions.
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212- 685-1410 10am - 6pm (7DAYS OPEN)
Check Out Our Price & Quality

ENTERTAINMENT ★ FILM

ROLE PLAY: LIFE AS A JAPANESE ACTOR IN NY

Being released this July is the independent film *Off Jackson Avenue* by John-Luke Montias. A fast paced drama that follows three overlapping storylines centered along Jackson Avenue in Queens, it features a central character that is Japanese. Actor Jun Suenaga joined us at the Chopsticks NY office to discuss his involvement in the project.

Tell me about the role you play in the movie, *Off Jackson Avenue*.

I play the role of Tomo, a cold blooded hitman from Japan who is hired by a Chinese crime boss to kill an Albanian mobster. On his second day in New York, he gets a call from his brother telling him that his mother is dead. After that he begins to lose his control and starts to see her ghost. The role was created for me, but I think any ethnicity could play it because Tomo is a man trying to survive under a tough situation and is not a stereotypical Japanese. We, Japanese actors, are often sent to castings to fill a stereotype. I understand that's what the majority of the market here wants, however I am always frustrated about this situation. You have no idea how happy I was able to get the role. At same time, I had lots of pressure because it's one of the leads.

How did you prepare for the role?

Creating a character is basically filling the gap between yourself and the character. So I usually write a bio of the character. You have to be very concrete about your character in order for your imagination to take over. Tomo's guilt about his mother is something I related to – I have a similar guilt toward my parents, who are still living in Japan. Tomo's mother doesn't want him to do what he's doing, and my parents don't support my pursuing acting. So there were similarities there to explore.

How difficult is it for Japanese actors to survive in New York?

It's very hard. One of the major factors is English. I've been living here for a long time and my English has improved, but I still have an accent. So the criteria I can fulfill is limited. If I acted with my own accent, the audience wouldn't believe I am an Asian American. Playing other Asians, I think I am good at foreign accents, but I need to be careful because adding another accent to my accent would probably be very confusing.

In general, legal status can also be very difficult – I know many talented actors who have had to go back to their country for visa issues. It's very heart breaking to watch.

What advantages do you have as a Japanese actor?

I don't know what other actors think about this, but I don't think there's an advantage. At the same time, I don't think ANY actor has an advantage just for being a certain ethnicity. When they have a casting call for a Caucasian male in his 30's, there's probably more competition in those situations, for example. I don't think there's an advantage for anybody. It's really up to you.

What drives you?

I like New York first of all. I can definitely witness true art here. But the biggest reason is my friends, who have been very supportive and really are my family. I think creating something in New York is also very interesting because you have to work with people with different backgrounds – you end up learning and getting a lot of ideas from listening to their experiences. John-Luke Montias and Gordon Eriksen, who are like my creative partners in crime, also drive me.

What is your future plan? Would you consider directing, or working in Japan?

Gordon and I have been planning to shoot a short film for a while, so hopefully we will do that soon. I will also be in John-Luke Montias's next film *Mothers Day* about a woman with Alzheimer's rebuilding her relationship with her son. It will be shot next year and I will play the role of Tony who is a Mormon priest and an ex-major league baseball player.

JUN SUENAGA *Jun Suenaga, originally from Japan, dreamed of becoming a rock singer when he was in high school. After moving to Tokyo for college, he started getting involved in theater and independent film. In the end of 1991, he moved to NYC to pursue an acting career and studied with Terry Schreiber who was a huge influence. He starred in the indie-hit The Love Machine directed by Gordon Eriksen and co-starred in Nicky's Game also directed by John-Luke Montias. Jun also plays the voice of Toshi in the hit video game Midnight Club: Los Angeles.*

I would say yes to all. Stivi Paskoski who plays Milo (the Albanian Mobster) told me to go to Japan and become a star in order to sell *Off Jackson Avenue*. He was kidding, but I realized it wouldn't be a bad idea to go to Japan to work. To be honest, I wasn't thrilled about Japanese filmmaking and theatre because of the strict hierarchy, but I would consider it. Regarding writing and directing, I have written some screenplays as well and am looking forward to getting into that field. Of course, I would be very happy to go

anywhere If someone is interested in working with me But I know I will always be based in New York.

A winged Hollywood agent floats down and offers you your dream role What would it be?
I think I'm always attracted to the antihero Steve McQueen in *Bullitt* Sonny Chiba's role in *Battle Without Honor* I also hear Martin Scorsese is casting *Silence* based on the Shusaku Endo Novel I'd love to be involved as Kichijiro

—— Interview by *Nobi Nakanishi*

***Off Jackson Avenue* will be opening on July 17th at Quad Cinema (34 W 13th St , New York City) www quadcinema com**

TICKET PRESENT

Off Jackson Avenue invites 5 couples from Chopsticks NY readers to an evening show on July 18th (Sat). To apply, email to offjacksonavetickets@gmail com with your name and phone number by July 14th

OFF JACKSON AVENUE

Off Jackson Avenue is an interwoven crime story set in New York City, involving a Mexican woman (Jessica Pimentel) who has been tricked into sex-slavery by an Albanian pimp (Stivi Pasdoski) and must find a way to break out; A Japanese hit man (Jun Suenaga) who is in town to do a job for the Chinese mob and must finish his assignment, despite the fact that he is haunted by his recently-dead mother's ghost; And a local car-thief (John-Luke Montias) who must go on one last stealing spree to raise enough money to buy a tire store and go legit. A smack bang tale of ambition, survival and fate, Off Jackson Avenue reminds us that there are still some parts of New York city that you won't find on any map.

Written and directed by John-Luke Montias
Produced by Michiel Pilgram
Cast. Jessica Pimentel, Stivi Paskoski, Jun Suenaga Aya Cash, Gene Ruffini, John Luke Montias

www offjacksonavenue.com

COMING BACK IN JULY!

T.A.B.

by Susan Pak

Directed by Erin Gilmore

Fight Choreography by Alex Martinez Wallace

"T.A.B", one of twelve new works selected by the 7th Annual Downtown Urban Theater Festival, comes back to theater in July by popular demand

Based on the true and tragic demise of a Korean American MIT student by self-immolation, T.A.B explores the desire and ambition to be "American" and how it can drive model minorities – Asian Americans – to staggering acts of self-destruction

Americans are not defined by what they have, but by what they lack; that is, any kind of ethnicity whatsoever...

Emiko Koizumi

Japanese actress, Emiko Koizumi plays the key role Hee Won, in this critically acclaimed theater project, T.A.B

Susan H Pak, the playwright of "T.A.B" comments "Emiko Koizumi really captured her quiet desperation as well as her dignified grace. Her sense of loneliness and despair coupled with an undying energy and enthusiasm. Particularly she truly captured the desperation she felt towards her daughters How important it was for them to succeed because it would've made all her sacrifices worth How loving she was, and how fiercely loyal. It was truly a wonderful job

For tickets and information, contact via email emiko65@aol com

What on Earth?

土用の丑

DOYOU-NO-USHI

Once "tsuyu" (Japan's rainy season) is over, the hot, humid summer arrives. The heat really goes up—as does people's discomfort—during the period known as "doyou-no-ushi."

"Doyou" is the term used in "nijuushisekki" (twenty-four solar cycles) to represent the 18–19 days before the first day of each season, so there are four doyou in a year. (It has nothing to do with the word "doyou" that means "Saturday," by the way.) The doyou of summer usually starts on July 19 or 20 and ends on August 6 or 7, depending on the calendar of the year. "Ushi" is one of the twelve signs applied to each day in nijuushisekki. Doyou-no-ushi, then, means the day of the ushi sign during the doyou period. Although doyou-no-ushi occur during each season, these days the summer ones are the most significant. This is largely because of a custom that has been enjoyed for about 200 years: eating "unagi" (eel).

This custom started during the late 18th or early 19th century,

but its origin is somewhat ambiguous. There are a couple of episodes that seem to be connected to its beginning, the most famous involves Gennai Hiraga, a scientist-scholar-playwright of the late 18th century. An unagi vendor asked him for suggestions on how to keep selling unagi through the hot summer, when people usually lose their appetites. Hiraga came up with the idea of promoting the traditional belief that eating something that begins with the letter "u" on the day of ushi will give people energy to fight "natsu-bate," or heat exhaustion. Then he suggested that the merchant put a sign in his storefront announcing, "Today is the day of USHI." The marketing campaign was a success. Other unagi vendors copied this idea, and the custom gradually spread nationwide.

Regardless of the origin of this custom, eating unagi on doyou-no-ushi is reasonable from practical point of view. Abundant in vitamins A, B1, B2, and E as well as DHA* and EPA,** unagi is nutritious enough to help people avoid and recover from summer lethargy. Even though the dish is available all year round, Japanese enjoy eating sizzling "unagi no kaba-yaki" (charbroiled marinated unagi on rice) during the hottest part of summer. This year's doyou no ushi fall on July 19 and 31.

*DHA: Docosahexaenoic acid (DHA) is an omega 3 fatty acid. DHA is essential for the proper functioning of our brains as adults. In addition, omega 3 fatty acids are part of a healthful diet that helps lower risk of heart disease.

**EPA: Eicosapentaenoic acid (EPA) is one of several omega 3 fatty acids used by the body. Increased intake of EPA has beneficial effects on coronary heart disease, high blood pressure, and inflammatory disorders such as rheumatoid arthritis.

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Versatile base sauce for any unagi dish, sushi rolls and teriyaki.

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